GRAPEVINE
VISITACION·VALLEY

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Schlage Lock Reduced to Rubble in a Few Months

Demolition of the former Schlage Lock facility continued in July to make way for new Visitacion Valley housing.

Stage Set in Mc Laren Park for Seventh Annual Jerry Day

The Seventh Annual Jerry Garcia Day this summer will once again reunite former band member Melvin Seals with the fans that have kept Jerry Garcia's memory and music alive.

Sunday, August 2 at the venue named in his honor, the Jerry Garcia Amphitheater in John McLaren Park, fans will be treated to more authentic nostalgia than usual with performances by Melvin Seals, who played with the Jerry Garcia Band for 15 years. "He was just playing the tastiest little stuff. I thought, 'this guy is just too much!' I asked him what his name was. He said, 'Melvin Seals'." (Jerry Garcia, on meeting Melvin Seals) Mr. Seals, featured on Sunday with the JGB Band, is a San Francisco native who grew up and still resides in the Bayview, where he plays in local churches when not touring.

Also joining the bill is Stu Allen & Friends. Jerry Garcia Protégé, Stu Allen, lead guitarist and vocalist for Melvin Seals & The JGB Band, a native of Louisville and a current resident of San Francisco fronts this group of stellar San Francisco Bay Area jam hand veterans. This line up of Stu Allen & Friends emulates the feel, excitement and energy of the Grateful Dead at their peak, and is sure to please even the most discriminating dead head. Check Engine Light, an acoustic band from Marin with close Neighborhood and "Family" roots, and Loco Bloco, a drum ensemble from the Excelsior and Mission District, will also be featured on the program.

Presented by the Excelsior Cultural Group and San Francisco Parks Trust (SFPT), this event also aims to raise awareness for Jerry Garcia's childhood neighborhood, the Excelsior District. What began seven years ago as a fundraiser and celebration for Crocker Amazon Park continues to highlight the City's extraordinary public spaces that belong to all of us. Positioned on the border of the Excelsior and Bayview Districts, the park venue, concert, and residency of its artists help bring together the hroad spectrum of fans that enjoy this special outdoor event.

Jerry Day 2009 is an SFPT Park Partner and one of more than 50 community groups with which SFPT partners to help parks, recreation, and open spaces in San Francisco.

For a map, directions, and other Jerry Day event information, please visit the listing on ParksPortal.com, San Francisco's newest online source for what's happening in San Francisco parks, recreation centers, and open spaces.

Taking Advantage of Recovery Act Benefits

With 2009 now half over, the Internal Revenue Service reminds taxpayers to take advantage of the numerous tax breaks made available earlier this year in the American Recovery and Reinvestment Act.

The recovery law provides tax incentives for first-time homebuyers, people purchasing new cars, those interested in making their homes more energy efficient and parents and students paying for college. But all of these incentives have expiration dates so taxpayers should take advantage of them while they can.

First-Time Homebuyer Credit

The Recovery Act extended and expanded the first-time homebuyer tax credit for 2009. Taxpayers who didn't own a principal residence during the past three years and purchase a home this year before Dec. 1 can receive a credit of up to $8,000 on either an original or amended 2008 tax return, or a 2009 return.

But the purchase must close before Dec. 1, 2009, and an eligihle taxpayer cannot claim the credit until after the closing date. This credit phases out at higher income levels, and different rules apply to home purchases made in 2008.

New Vehicle Purchase Incentive

ARRA also provides a tax break to taxpayers who make qualified new vehicle purchases after Feh. 16, 2009, and before Jan. 1, 2010.

Qualifying taxpayers can deduct the state and local sales and excise taxes paid on the purchase of new cars, light trucks, motor homes and motorcycles.

There is no limit on the number of vehicles that may be purchased, and you may claim the deduction for taxes paid on multiple purchases. But the deduction per vehicle is limited to the tax on up to $49,500 of the purchase price of each qualifying vehicle and phases out for taxpayers at higher income levels. This deduction is available regardless of whether a taxpayer itemizes deductions on Schedule A.

Energy-Efficient Home Improvements

The Recovery Act also encourages homeowners to make their homes more energy efficient. The credit for nonbusiness energy property is increased for home-owners who make qualified energy-efficient improvements to existing homes. The law increases the rate to 30 percent of the cost of all qualifying improvements and raises the maximum credit limit to a total of $1,500 for improvements placed in service in 2009 and 2010.

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Library Campaign Off to Great Start

by Betty Parshall

The Visitacion Valley Neighborhood Campaign to raise funds for the furnishings of the new lihrary has received a magnificent jumpstart. Marian Chatfield-Taylor of the SF Friends of the Lihrary reported that our campaign has received a grant of $300,000 as a bequest from the settlement of an estate.

In addition to this generous gift, $100,000 is availahle for matching funds raised by the neighborhood.

The generous gift came from the Jacqueline Hoefer Trust, and at a future date the community will have the opportunity to say "thank you."

Several people met at the library on June 30 to continue the planning for the neighborhood campaign.

Neighborhood library campaigns generally plan one event every quarter, that is, about every three months.

The Friends of the Library together with our local library will be present at the Leland Avenue street fair in September, where the Visitacion Valley History Project will once again be selling used books to benefit the lihrary.

Tentatively scheduled are a Neighborhood History Day at El Dorado Elementary School, a Manga Art event, and a Family Day. Details of these events will he worked out at ensuing campaign committee meetings. While fund raising is an ohjective of the campaign, of equal importance is gathering people from all of the communities of Sunnydale, Visitacion Valley and Little Hollywood together in support and celebration of the new lihrary.

People who join the campaign committee will be asked to commit to one meeting a month and spend an average of three to five hours a month on the various events.

To join the committee and stay currently informed of meetings and events, call Marian Chatfield-Taylor at 415-626-7512 or e-mail marian.ctaylor@friendssfpl.org

San Francisco Announces Availability Of Funding to Help Prevent Forclosures

Mayor Gavin Newsom and Supervisor Carmen Chu announced on July 21 that the Mayor's Office of Housing has received a special Mortgage Credit Certificate (MCC) allocation of $9.8 million dollars to prevent families from losing their homes to foreclosure under the 2008 Housing Assistance Tax Act.

This funding provides homeowners with a vehicle to refinance sub-prime loans into traditional 30 year loans that they can afford. In addition, the funding can be used by first time homehuyers to purchase bank owned and short sale properties.

"In these challenging economic times, we cannot afford to have a single family lose their home when they do not have to," said Mayor Newsom. "These funds will strengthen our housing market, care tor our most vulnerable populations, and keep families where they helong – in their homes."

To be eligible, homeowners must demonstrate: a) financial hardship and b) that they can afford a new traditional 30 year loan for their home. Thefunds are only available for mortgages under $625,000. The properties must be owner-occupied single-family houses, condominiums or townhouses within the City and County of San Francisco. Tenancies in common are not eligible.

"This program is a great example of how the City is thinking creatively about how to leverage funding to help our families on the brink of losing their homes to foreclosure," said Supervisor Carmen Chu. "We hope this program will not only help stabilize families burdened with adjustable-rate loans, but also help stabilize the housing market."

How does a Mortgage Credit Certificate (MCC) work?

The MCC Program is an IRS tax credit that is traditionally only available for first-time homebuyers. With an MCC, the qualified homeowner becomes eligible to take a federal income tax credit of 15 percent of the annual interest paid on the mortgage each year for as long as the homeowner lives in the same home.

This credit reduces the federal income taxes of the homeowner, resulting in an increase in the huyer's net earnings and the buyer's capacity to qualify for a larger mortgage loan.

For more information, visit www.sfgov.org/moh or call the Mayor's Office of Housing at (415) 701-5500.

National Night Out at Ingleside Station

Ingleside Station officers will be hosting National Night Out featuring informational seminars, a hotdog barbecue for 200 people and a community softball game at Ingleside Station on Tuesday, August 4 from 6 to 8 p.m.

A representative from SF Safe will talk about personal safety and an Inspector from the Economic Crimes Unit will discuss identity theft. There will also be a display from the Traffic Company and Canine Unit.

At 6:45 p.m., there will be a softball game at adjacent Balboa Park with two teams comprising of police officers and the community.

Ingleside Police Station is located at 1 Sgt. John V. Young Lane just North of Ocean Avenue at San Jose Avenue. Parking is available behind the soccer stadium off of Sgt. John V. Young Lane in addition to abundant street parking. Call 404-4000 for further information.

VVMS Students Complete Roots Mural

Students at VVMS recently completed and installed a 48 by 24 foot Roots Mural on the school's first floor that depicts the possible future of Visitacion Valley. "It is an outstanding art piece and worthy of our students and our school," remarked Principal Jim Dierke.

Grapevine Mailbox

Fingerprints at a Crime Scene

Just about everyone has seen a CSI television show for the last five years or so, and there still is a mystery about fingerprints. Fingerprints left at a crime scene are called "latent prints." Latent means invisible, and most prints at a crime scene are usually invisible to the naked eye.

To leave a latent print, there usually needs to be three things: the print from a finger, a medium, and a surface. Imagine you are wearing a work type boot with a waffle sole, and you are walking across a lawn covered with morning dew. Then you walk across a cement patio. When you look behind, you left a series of shoe prints on the floor. Your fingerprint is like the boot sole, the mixture of oils and water on your finger is the medium like the morning dew and the surface is like the cement floor.

Surfaces should be smooth, clean and glossy. Smooth because the ridges on the finger needs to contact properly. Some surfaces appear to be smooth, but actually aren't. Computers and appliances have a dimpled or textured surface. If you run your fingernail across the side of a computer, you can hear and feel the uneven surface. Compare the surface with a pane of glass. You can hear and feel the difference.

Surfaces should be clean. If the surface is dirty, the finger picks up the dirt, which in turn will not leave a print. It would be like a hand coated with peanut butter and touching a surface with a film of dirt. The hand would pick the dirt up rather than leaving a print.

The surfaces should be glossy. With a glossy surface, the print has a chance to leave its characteristics. A brown shipping box and a check box are both made from cardboard, but the check box is smooth and has a glossy finish. The shipping box does not have a friendly surface to capture a print, but the glossy check box does.

What makes fingerprints so special? Fingerprints are unique and permanent. Except for an injury or a disease, someone will always have the same fingerprints. Even identical twins have different fingerprints. There has never been one case since fingerprints have been compared where two people have the same set of prints.

What makes a fingerprint examiner so special? A fingerprint examiner goes through training and testing. Latent print examiners go through even more training. On television shows, the actor displays a perfect latent print to compare with a known print on file in a data base. Rarely does a latent print left at the scene look like a "normal print". Most of the time, the latent print is just a partial print and has some smearing and distortion. To the lay person's eye, you would ask yourself, "How can anyone make an identification with this?" When an examiner makes an identification, he or she is saying the latent print was left by a specific person. It is a definitive identification.

Automated Fingerprint Identification System is better known as "AFIS." When a latent fingerprint is lifted at a crime scene, the examiner looks at the quality of the lifted print. If the print is just a smear without any or few characteristics, it isn't used. If the print has identifiable characteristics, it can be categorized in two ways: AFIS quality or non-AFIS quality. AFIS quality generally means there are enough characteristics in the print that AFIS has a shot of completing a comparison. Non-AFIS quality means there is a limited amount of characteristics that AFIS wouldn't accept the print. A non-AFIS quality print can be manually compared to a known print for identification or what is known as a one-on-one comparison.

If the latent print is AFIS quality, the examiner must "orient" the print properly so the AFIS computer can accurately read it and compare it with known prints in its data base. Orienting a partial print is a skill unto itself, and sometimes many attempts are done so the system can read the print. After searching the data base, AFIS will generate a list of up to twenty candidates. The examiner will compare the latent print to the candidates' known prints, if or until an identification is made. The computer does give each candidate a "score." The higher the score generally means the print will probably match the candidate. But there have been many occassions where a low scoring candidate was the actual person. Another examiner then completes a "blind comparison." If the second examiner also makes the same identification, that is called a verification.

All identifications are followed be verification. Therefore, AFIS does not make an identification; it only acts as a speedy tool. Only a trained and experienced human can make an identification.

DNA is the latest tool in the CSI tool box. While fingerprints are a match, DNA evidence will never be framed as an exact match. The terminology used is "the suspect's DNA profile was included." And as an example for just this article, "There would be a one in a billion chance that another person would have the same profile."

DNA is more apt to be found at certain crime scenes rather than usable latent fingerprints, especially at violent scenes. At violent scenes, there tends to be blood, body fluids and skin cells left behind.

Even at non-violent scenes such as a burglary, DNA evidence can be found, especially if the suspect cuts himself on a broken window. In one incident, Inspector John Evans of CSI processed a burglary scene. He discovered the suspect took a bite from an apple and swabbed it for the suspect's saliva. The DNA evidence was able to identify a suspect.

Lt. Louis Cassanego

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VVCC Executive Director Julia A. Kavanagh

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Need for Housing

by State Senator Mark Leno

"The ache for home lives in all of us, the safe place where we can go as we are and not be questioned." —Maya Angelou

There are few things more important in life than the need for a roof over one's head. The very basis of our survival is hinged on adequate housing opportunities. Humans over the centuries have developed many variations on the issue of housing, but one thing remains constant, shelter has always been a necessity for survival.

I believe that housing is a right for all, not a privilege of the few. It is easy for housing to be taken for granted when one already has it. However, there is always a looming possibility that this situation could change, as evidenced by our recent housing foreclosure crisis nationwide. Whether you own or rent, have a house or an apartment, live in suburbia, rural areas, or in a densely populated city, housing is critical to everyone's existence.

Throughout my legislative career, I have made access to adequate and affordable housing a cornerstone of my work. One of my very first pieces of legislation in the state legislature in 2003 was helping to preserve some of our state's last remaining affordable housing options. Our legislation, Assembly Bill 1217, became law and allows local governments around the state to prohibit owners of residential hotels from converting these vital housing units for some of our most vulnerable residents — children and families, seniors, the disabled, and the formerly homeless — to other uses through the invocation of the Ellis Act.

California's onerous Ellis Act was originally adopted in the 1980s by the state legislature with the intent of allowing long-term landlords to simply "go out of business" should they desire to do so. Unfortunately, the Ellis Act has since been primarily utilized by short-term real estate speculators who are buying up buildings, immediately invoking the Ellis Act, and often leaving stranded families, seniors, and children in order to make a quick profit. I have worked on numerous options to amend the Ellis Act and its flagrant abuse by speculators who are not landlords and will continue to so that more housing options are preserved.

Currently, I am working on two new pieces of legislation in the Senate which will help to alleviate housing displacements for seniors and tenants. Losing one's home without adequate notice and protections often creates greater difficulties in establishing new housing and can lead to increased numbers in our homeless populations.

Many of our most vulnerable Californians at risk of eviction are seniors who live in residential care facilities. Oftentimes they are not adequately informed of their full range of legal rights, including their right to file a complaint or contest the eviction. Our Senate Bill 781, sponsored by the California Advocates for Nursing Home Reform, would allow these seniors to have additional protections in notice and information regarding alternative housing prior to being forced to leave their homes.

Senate Bill 290, sponsored by the Western Center for Law and Poverty, would provide continued protection for tenants who are being evicted. Existing law requires landlords to give tenants a notice of 60 days before being forced out of their rental home, when it is for reasons without fault of the tenant. The 60 day notice allows for tenants confronted with these 'no cause' or 'no fault' evictions to be given adequate time to find new housing opportunities. However, this requirement will permanently expire at the end of 2009 without the passage of our bill, which will keep it in place.

Our work is not yet done to create, provide and protect housing for all of our residents. Safe and secure shelter keeps our communities strong. I will continue to fight for everyone's right to housing, without which life's joys, possibilities and aspirations are severely curtailed.

Senator Mark Leno represents the Third Senate District of California, which includes portions of San Francisco and Sonoma Counties and all of Marin County. He can be reached via the web at www.sen.ca.gov/Leno, by phone in the San Francisco District Office at 415-557-1300 or San Rafael District Office at 415-479-6612, or by e-mail, Senator.Leno@senate.ca.gov

New Green Financing for Environmental Improvements

Mayor Gavin Newsom on July 22 joined Supervisor Eric Mar to announce an innovative new program to finance energy-efficiency, renewable energy, water conservation and other environmental improvements to San Francisco residential and commercial buildings.

The new "green financing" program would allow home and building owners to fund environmental improvements, with the financing attached to the property and paid back through a special line item on the property tax bill over the life of the improvements. The first enabling piece of legislation to establish this program was introduced yesterday at the Board of Supervisors.

"Cutting energy and water use in our homes and office buildings will bring long-term results in our fight against climate change and drought" said Mayor Newsom. "Our 'green financing' program will help home and property owners overcome the large up-front costs of major environmental improvements to their buildings."

The Mayor's Office, working with Supervisor Mar, the San Francisco Public Utilities Commission (SFPUC), the Controller's Office of Public Finance and the Department of Environment, has developed an accessible, low-cost loan program that residential and commercial property owners can use to finance environmental-oriented building improvements. San Francisco's loan program will establish a Citywide Mello-Roos Special Tax District that would be available to finance privately-owned energy efficiency, renewable energy and water conservation improvements. The loan is attached to the property, rather than the individual, and is paid back through property taxes over the life of the loan.

"With almost half of San Francisco's greenhouse gas emissions being produced by our homes and local buildings, this new green financing program will drastically curb San Francisco's carbon footprint and reduce the strain on our regional water supply," said Supervisor Mar. "It will also help put San Franciscans to work through our growing green jobs academies and programs."

It is estimated that 45 percent of San Francisco's greenhouse gas emissions come from energy used in local buildings. Drought and climate change also threaten regional water supplies and compel greater water conservation. Even with tax breaks and traditional loan arrangements, many local home and building owners cannot support the upfront investment for environmental improvements that pay for themselves over time.

"As we have seen with the first-year success of GoSolarSF, our solar energy incentive program, San Franciscans will seize the opportunity to make their homes and buildings greener if we create the right incentives and make targeted investments," said Newsom.

Gas Prices Fall in Wake of Economic Woes

The latest report from AAA Northern California on July 14 found most gas prices throughout the state are continuing a slow spiral downwards thanks to tough economic times and climbing supplies of crude oil.

All but five metro areas where AAA tracks gas prices in Northern California saw a drop in their average gas prices.

According to the latest report from AAA Northern California, which tracks gasoline prices as a service to consumers, California's average gas price is the third highest among all 50 states.

The Golden State's average for a gallon of regular unleaded gasoline averaged $2.89, down 3 cents since the last report. For perspective, that's $1.62 less than California's average price on this date last year, when it was $4.51.

Northern California gas prices averaged $2.88, down 4 cents from last month. In the San Francisco Bay Area, motorists were paying an average price of $2.98, which is the same average price since AAA's last report on June 9. The national average price of $2.52 was down by 10 cents, which is still $1.59 cheaper than the national price on this date last year, when it was $4.11.

AAA analysts attribute the continuing drop in both retail gasoline and crude oil prices to a dramatic slump in the U.S. and world economies. Over the last two weeks alone, market oil prices have declined almost 20 percent. The change in price seems more dramatic in the shadow of a rapid climb for oil prices in June.

The increase in the price of oil was built mainly around hope that an economic turnaround was right around the corner, even though market fundamentals indicated it was most likely not going to happen.

Oil investors are now eagerly awaiting reports on oil and gas supplies being released this week, which could immediately impact investment activity.

Are You Up-to-Date?

by Assemblywoman Fiona Ma

Are you up-to-date on your vaccinations? August is National Immunization Awareness Month (NIAM) and it is the perfect time to remind your friends and loved ones to catch up on their vaccinations. As parents are enrolling their children in school, young adults are entering college, and our healthcare workers prepare for the upcoming flu season, it's important that we are all up-to-date on our vaccinations

Without doubt, immunization is one of the most significant public health achievements of the past century. Vaccines have helped save millions of lives, virtually eradicating smallpox and significantly reducing the number of cases of measles, diphtheria and other infectious diseases. Despite immunization efforts however, people in the U.S. still die from these and other vaccine-preventable diseases.

According to the Centers for Disease Control and Prevention (CDC), over one million of our nation's two year olds are still missing one or more of the recommended immunizations. Each day 12,000 babies are born who will need to be immunized against 14 diseases by the age of two. Making the decision to immunize your child and stay up-to-date on vaccinations will not only protect your child, but will also protect the community by reducing the spread of diseases to those who have not been vaccinated.

The California School Immunization Law requires that children receive a series of immunizations before entry to schools, child care centers, or family child care homes. California law also requires that schools, child care centers, and family child care homes maintain immunization records of all children enrolled and to submit reports to the health department.

To help you stay up-to-date on your child's vaccinations, the California Department of Public Health website offers a guide to the requirements of the California School Immunization Law for parents (www.cdph.ca.gov) and the CDC suggests parents can:

(1) Make sure your child is up-to-date on immunizations; visit CDC's childhood scheduler online at: http://www2a.cdc.gov/nip/kidstuff/newscheduler_le/ find out what immunizations your child needs;

(2) Get an immunization card or record, and bring it to every doctors visit;

(3) Ask at every visit if your child needs an immunization;

(4) Talk with your child's doctor, and don't be afraid to ask questions;

(5) Visit the CDC website at: http://www.cdc.gov/vaccines or call 1-800-CDC-INFO for more information on immunizations; and

(6) Find out if your child may be eligible to get free vaccines through the Vaccines for Children (VFC) program; visit http://www.cdc.gov/vaccines/programs/vfc/ or ask your child's healthcare provider.

Parents may also be interested in looking into the California Immunization Registry (CAIR) - California's statewide immunization registry network. CAIR is a collaboration of immunization registries that ensures the secure, electronic exchange of immunization records thereby improving immunization rates for all California children. For more information on CAIR visit www.cairweb.org or call 510-620-3747.

During National Immunization Awareness Month (NAIM) help spread the word about the benefits of immunization and don't forget to make sure you and your loved ones are up-to-date on vaccinations.

Grapevine on the Web

Read current and past stories from the Visitacion Valley Grapevine at www.visvalleygrapevine.com

Taxpayers Should Take Advantage of Recovery Act Benefits

From Page 1

Qualifying improvements include the addition of insulation, energy-efficient exterior windows and energy-efficient heating and air conditioning systems.

Tax Credit for First Four Years of College

The American opportunity credit is designed to help parents and students pay part of the cost of the first four years of college. The new credit modifies the existing Hope credit for tax years 2009 and 2010, making it available to a broader range of taxpayers, including many with higher incomes and those who owe no tax. Tuition, related fees, books and other required course materials generally qualify. Many of those eligible will qualify for the maximum annual credit of $2,500 per student.

Certain Computer Technology Purchases Allowed for 529 Plans

ARRA adds computer technology to the list of college expenses (tuition, books, etc.) that can be paid for by a qualified tuition program (QTP), commonly referred to as a 529 plan. For 2009 and 2010, the law expands the definition of qualified higher education expenses to include expenses for computer technology and equipment or Internet access and related services to be used by the designated beneficiary of the QTP while enrolled at an eligible educational institution. Software designed for sports, games or hobbies does not qualify, unless it is predominantly educational in nature.

Making Work Pay and Withholding

The Making Work Pay Credit lowered tax withholding rates this year for 120 million American households. However, particular taxpayers who fall into any of the following groups should review their tax withholding rates to ensure enough tax is withheld, including multiple job holders, families in which both spouses work, workers who can be claimed as dependents hy other taxpayers and pensioners. Failure to adjust your withholding could result in potentially smaller refunds or in limited instances may cause you to owe tax rather than receive a refund next year. So far in 2009, the average refund amount is $2,675, and 79 percent of all returns received a refund.Take Advantage of Recovery Act Benefits

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Ground Floor for New Valley Library

A construction crew recently commenced excavation for a foundation at the site of the new Visitacon Valley branch library at Leland Avenue and Rutland Street.

Now Accepting Applications for Fall Internship Program Office of Economic and Workforce Development

(OEWD) is accepting applications for Interns for the Fall of 2009.

Schedule: Ideally new interns would be available to start in the beginning of September, 2009. We are somewhat flexible in setting individual start dates depending on your schedule. Interns must commit to a minimum of 20 hours per week, and can work up to a full time schedule.

Projects: The intern's level of involvement is directly linked to their work ethic, enthusiasm, and pro-activity. Interns are expected to jump in and work on a wide range of projects, wherever they are most needed. Please let us know if you are particularly interested in a particular area of our work. We try to be sensitive to your interests and allow you to become more involved in the areas most applicable to your field of study or general curiosity. Please familiarize yourself with our projects and office by browsing our web site.

Who we are looking for: OEWD interns are usually undergraduates, although we do encourage graduate students and consider exceptional high school students. Interns must be outgoing, flexible, excellent communicators, reliable, and eager to help. Interns should also be confident in their ability to interact with the public as well as prioritize and juggle various projects. Love of San Francisco is a plus.

Compensation: OEWD internships are unpaid, however we are happy to complete any necessary paperwork to ensure that you receive academic credit for your time here.

Application deadline: August 21, 2009

If you are interested in applying please send:

1) Cover letter
2) Resume
3) Writing sample of no more than two pages

Mail to:
Internship Program
Office of Economic and Workforce Development
City Hall, Room 448
1 Dr. Carlton B. Goodlett Place
San Francisco, CA 94102

You can also submit via email. Please send the above materials to BOTH Heather Keane (heather.keane@sfgov.org) and Andrea Bruss (andrea.bruss@sfgov.org)

Brief Word on Our 23rd

by Editor Len Appiano

In celebrating our 23rd anniversary on July 29, the Visitacion Valley Grapevine once again gives a heartfelt thanks to the local contributors who make this newspaper possible. Betty Parshall, Russel Monne, Nick Wolff, Michael Bennett, Kevin Blackwell, Vincent Chao, Wen Chin Chen, Jim Dierke, Edie Epps, Lori Fetzer, Molly Hassler, Julie Kavanagh, Fran Martin and Katherine Williams; and, of course, our advertisers.

Online Data Helps Recover Stolen Goods

When a thief steals something and turns around to sell it for some quick cash, most of the time, the victim's items are gone for good. But thanks to LeadsOnline, an online database that allows police to search all the items sold in secondhand and pawn shops across the country, police can locate stolen items with just a few clicks.

Tracking stolen property can be a difficult and time-consuming process for law enforcement, especially when items are stolen in one jurisdiction and sold elsewhere. Police just can't spend the man-hours searching for and identifying property when thousands of items are stolen each day.

Legislation in some states requires that secondhand and pawn shops use the system, while others use the system because it's an eaasy way to track stolen property. Most users say they use it because it helps police, businesses, and victims alike. Just a few of the cities using LeadsOnline include Dallas, New York, San Francisco, Houston, San Antonio, Tucson, Indianapolis, and Kansas City.

Here are some examples of the crimes solved using LeadsOnline:

*A triple homicide in Louisiana with no leads or a suspect was quickly solved when the gun used in the attack was found in a pawn shop. Within hours, police tracked the murderer down and arrested him just as he was about to flee to Mexico.

*After killing two of his neighbors, a murderer in South Carolina sold one victim's jewelry in a local pawn shop even before the bodies were found. When the police began their investigation for the stolen jewelry, they looked in the LeadsOnline database and were able to apprehend the suspect based on the information he provided when selling the jewelry.

*A large Texas-based theft ring was stealing high-end bicycles and then selling them to pawn shops for much less than they were worth. Detectives tracked the stolen bikes that were sold in pawn shops from Florida to Texas and ended the thief's personal stolen bike tour.

Each day, LeadsOnline helps police recover stolen property from jewelry to tools and sporting and lawn equipment. Items with serial numbers are most easily recovered because the system can instantaneously search the numbers. But, items such as musical instruments and artwork have been found using the system because detectives can search using keywords and specific item descriptions.

LeadsOnline is the nation's largest online investigative system used by more than 3,000 law enforcement agencies to recover stolen property and solve crimes. Each day, millions of items are added to the LeadsOnline database by businesses including secondhand stores, scrap metal recyclers, pawnshops, and Internet drop-off stores across all 50 states. Those records are instantly available to law enforcement agencies, meaning crimes can be solved in seconds, not months.

The LeadsOnline system, compatible with the NCIC, serves as an indispensihle, efficient, and money-saving resource for detectives because it provides a cross-jurisdictional, instantaneous, and accurate database that stops criminals from escaping detection by selling stolen items in another city. An official eBay partner, LeadsOnline helps prevent illegal transactions on the eBay website by giving law enforcement access to the world's largest online marketplace through automatic upload of all eBay transactions into the LeadsOnline database.

LeadsOnline also includes LeadsOnlabs, a system for tracking those involved in the illegal manufacture of methamphetamines; a Metal Theft Investigation System designed to track copper and other metal thefts; and cross-checks names of pawn customers against the OFAC SDN list of known terrorists and narcotics traffickers.

Each year, LeadsOnline is credited with recovering millions of dollars in stolen goods and solving thousands of crimes that are often associated with bigger crimes, such as homicide, identity theft, and arson.

Based in Dallas and led by President and CEO Dave Finley, LeadsOnline works with thousands of agencies throughout the country, including the New York Police Department, the Dallas Police Department, and the San Francisco Police Department. www.leadsonline.com

When It's Time to Upgrade Your PC

If your computer is more than three years old, you may find that a trip on the information superhighway seems more like life in the slow lane.

Did you know that more than one-third of PCs in the world are estimated to he more than three years old and 60 percent are bulky old-school desktops?

Not only do older computers run slower than newer models, they're also more likely to freeze up or crash when you run multiple applications. And in today's husy world, who's got time to wait for their PC to catch up with the speed of life?

Experience More

Many new computers offer lightning-fast processing speed, up to 300 percent faster and with more performance, offering users the ability to experience everything the new Internet has to offer and multitask twice as fast. These computers put the world at your fingertips, and for most people with older-model computers, they have no idea what they've been missing.

Keep in mind that your older computer was not made for many of today's most popular sites. For example, YouTube didn't exist four years ago and Twitter was an unknown word. To take advantage of what these sites have to offer, you'll want a machine that can give you a faster experience with better performance.

You may even find that a mobile laptop fits your needs so that you can access information from anywhere.

Thanks to today's wireless capabilities, you can log on almost anywhere to stay connected with Facebook and e-mail, upload and watch videos on YouTube or catch your favorite television show online.

This is essential because so much of entertainment is online these days, including Internet TV, high-definition movies and more.

A new, more functional computer will allow you to experience this seamlessly, without interruptions.

Live Smartly

Cutting-edge processor technology from companies such as Intel allow you to compute smartly and efficiently.

You can enjoy more functionality in one device-whether it be watching movies online, connecting with friends via e-mail or Skype, or simply getting work done. These energy-efficient processors also use less power, so you are saving the planet and saving money with lower electricity bills.

Saving Money, Time

Money may be tight these days, but you don't have to spend a fortune to get a current device that will answer your technology needs. Trading in your old, bulky desktop PC for a newer model can enhance your multitasking skills beyond what seemed possible just three years ago.

To learn more, visit the Web site at www.intel.com/consumer. NAPS

Regional Food Policy for San Francisco

San Francisco Mayor Gavin Newsom on July 8 issued the first ever comprehensive food policy for San Francisco, and a sweeping action plan to make improvements to food that is available in the region.

The plan, which Mayor Newsom issued through Executive Directive, aims to ensure that all regional residents have access to healthy food, and will have far reaching impact throughout Northern California by increasing support for area farms.

"The stark reality is that hunger, food insecurity, and poor nutrition are pressing health issues, even in a city as rich and vibrant as San Francisco," said Mayor Newsom. "From the alleviation of hunger, to the need to support local and sustainable agricultural practices, these recommendations form a comprehensive and strategic approach to addressing pressing needs in all sectors of the food system."

Newsom, joined at the announcement by California Food and Agriculture Secretary A.G. Kawamura and representatives of the United State Department of Agriculture, explained that the food policy calls for a range of actions to be completed in 180 days.

These actions include a requirement that all departments conduct an audit of land under their jurisdiction to create an inventory of land suitable for gardening, the introduction of new health and sustainability requirements for food sold by vendors under city permits, a "healthy meetings policy" requiring the purchase of healthy, locally produced foods for city meetings, and within two months, the introduction of a new law requiring that food purchased by the city has been grown regionally and through sustainable methods.

Newsom also released the recommendations of a group of key urban and rural stakeholders called the San Francisco Urban-Rural Roundtable.

In September of 2008, Newsom partnered with a food advocacy group called Roots of Change to invite a broad range of urban and rural representatives, including California Secretary of Agriculture AG Kawamura, to come together in an unprecedented urban and rural collaboration to advance a sustainable "food shed" plan for the city and region.

The Roundtable participants were charged to develop a set of recommendations for programs, strategies and practical actions that San Francisco can implement to support regional agriculture and increase access to high quality food for all San Franciscans.

Many of the Roundtable's recommendations are integrated into the Mayor's food policy.

Additional actions coming out of the Roundtable recommendations include a trade mission that connects regional food growers to local San Francisco restaurants and food purchasers to increase purchasing of regional food, and using philanthropic funds to augment the spending power of residents who use food stamps at local farmers markets.

Newsom made his announcement at the West Oakland Woods Urban Garden, run by City Slicker Farms. The mission of City Slicker Farms is to advance food security through the creation of organic, sustainable, high-yield urban farms and backyard gardens.

Its flagship programs include transforming empty lots into productive market farms, educating the general public about how to grow food in their own yards, and providing accessible garden training opportunities.

For more information on this organization, visit their website at www.cityclickerfarms.org.

Free Compost Classes

Free Saturday Urban Composting classes will be offered from 10 a.m. to 12 noon on both Aug. 1 and Sept. 12 at Garden for the Environment, San Francisco's organic demonstration garden at 7th Avenue and Lawton Street.

To pre-register, call (415) 731-5627, or see *info@gardenfortheenvironment.org*. The Garden for the Environment is Wheelchair accessible.

McLaren Park News and Notes

by Betty Parshall

Shakespeare in the Park

As reported elsewhere, McLaren Park was once again the site for youngsters to get acquainted with the Bard at the Shakespeare two-week day camp at the beginning of the summer vacation.

Now everyone can enjoy The Taming of the Shrew. Mark your calendars. The Woman's Will, the Bay Area's all-female Shakespeare company, will perform at the Jerry Garcia amphitheater on two dates, Saturday, August 8 and Sunday, August 9, at 1 P.M. Admission is free, donations to help defray expenses will be welcome.

In Shakespeare's day all roles in his plays were performed by males. ('Twas not seemly for a woman to act so.) The Woman's Will does the reverse, all roles are played by females. This will be a treat the whole family can enjoy. Hope to see you there.

Bike Skills Park Project

As noted in a brief item in the July Grapevine the San Francisco Urban Riders are negotiating with the Rec & Park Department to install a bike skills park at the bus turnaround on Sunnydale Avenue. This is the large and unkempt asphalt patch that previously was proposed for a recycling center. Representatives of Urban Riders met with the Friends of McLaren Park to describe the proposal. Included would be beginners, intermediate and pro levels of trails with features that are increasingly challenging as bikers become more proficient. There is also provision for a small building that would provide bike rentals and repair services.

As has been done at similar installations, included will be a program to attract youngsters who lack recreation choices, who may not be interested in team sports, for example, but would benefit from the opportunity to ride their bikes and progress in skill. They will be taught bike safety as well as be given instruction in navigating the course. There could also be ways youngsters could earn rental time by community service, getting good grades, or other positive activities.

SF Urban Riders are also meeting with Rec & Park to discuss trails for casual recreational bike riding.

Visit their website www.sfurbanriders.org for more information about this group.

Young Golfers at Glen Eagles

My delivery route for the Grapevine includes dropping off a dozen copies of the paper at Glen Eagles golf course. When I mentioned that the front page of the July issue featured the new driving range to be installed at the Visitacion Valley Middle School, I was glad to hear that there were some students out on the range as we spoke. I was also gratified that, unlike previous months, there was only one old paper left in the tray, so it looks like some of the course patrons are enjoying our news.

Avoiding Surprises In Renting a Car

by Jason Alderman

Many folks plan summer vacations that involve a lot of driving. For those sticking close to home, gas and maintenance are usually the biggest car-related expenses. But if you're planning to rent a car at your destination, many other factors can influence the overall impact on your travel budget.

Here are a few potential rental car expenses you may not have considered:

Tourism taxes. Many hard-hit local governments have implemented a variety of taxes on lodging, airport usage, rental cars and other services more likely to impact tourists than local residents. Factor these into your budget.

Insurance. Car rental agencies typically offer their own collision, liability, theft and other insurance coverage. Conventional wisdom says you should avoid this route if your own insurance plans – or benefits available from your credit card – provide similar coverage.

Before automatically rejecting rental agency coverage, however, contact your insurance company and credit card issuer to make sure you are fully covered. Consider factors such as:

*Rental period

*Car model

*Travel outside specified service areas

*Whether you carry comprehensive and collision coverage on your own car; if you don't, you may not be covered for a rental by your insurance carrier

*What happens if you violate rental agreement terms (e.g., allowing unauthorized drivers).

If you decide to forego agency coverage, bring along your proof-of-insurance card. One additional caution: Many standard rental contracts default to "yes" for each type of insurance, so you must specifically write "no" to any coverage you don't want.

Find the right car. You can comparison shop at websites like *www.expedia.com*, *www.orbitz.com*, *www.hotwire.com* or *www.priceline.com*, order a car directly through individual rental agency sites, or buy a package deal including airfare and lodging.

In addition, discounts from membership organizations like AAA, AARP or frequent flyer programs can be substantial. Rates vary widely, so be prepared to wade through numerous choices for car models and features.

Besides flat daily rental charges, factor in potential deal-breakers including airport shuttle convenience, fees for mileage exceeding a basic allowance, fees to return the car in another city (sometimes astronomical), late return fees, gas tank refilling charges, fees for additional drivers, surcharges for drivers under 25 – the list goes on.

Make sure you see and understand all fees and taxes before locking in a reservation. Then, check back periodically for better deals – there's usually no penalty to cancel a reservation.

Inspect the car. Before you drive off the lot, thoroughly inspect the car, inside and out, for any pre-existing damage and have it noted on your contract; otherwise you could receive a hefty bill for even the most minor scratches and dents. Likewise, when you return the car, consider taking time-stamped photos or video to prove it was in good shape.

A rental car is only one element of your vacation budget. Visa Inc.'s free personal financial management site, Practical Money Skills for Life (www.practicalmoney skills.com/travel), features many vacation budgeting tools including a web-based calculator that suggests various travel options and then automatically tallies the results.

Enjoy your vacation. Just make sure you don't blow your budget on unnecessary rental car expenses.

Visitacion Valley History Project

Pitching Longevity of a Valley Native

by Betty Parshall

As Giants and A's fans suffer the ups and many downs of the current season, it seems appropriate to write about Walter Lister, who grew up in Visitacion Valley and who excelled as a pitcher for an unbelievably long time. Born in 1903, his family came to the Valley when they were burned out of their Steiner Street apartment in the 1906 earthquake and fire.

In thirty-four years of pitching semi-pro baseball, sportswriters of his era estimated that he had won somewhere between 900 and 1000 games in about 1200 appearances. He once won twenty-nine straight in one season, then was beaten 1-0 in the 30th and last game of the season. Over his playing years he threw seven no-hitters. He averaged about 14 strikeouts a game and in one game he fanned twenty-three. He was forty years old when he pitched his last no-hitter against a team made of mainly of Coast League players. (It was 1943, when pro ball was short of players.) When he was forty-seven, the oldest active player in California, he officially retired. In his last game he pitched the Portola Merchants to a championship. Still throwing his fastball, he allowed two bloop hits and struck out fourteen.

He was so strong and domineering during the twenties through the forties, that when he pitched for a team he was the only pitcher on the squad. If there was a double-header he'd pitch both games.

In those days there were few big leaguers who earned enough to not work through the winter, so pros and would-be pros supplemented their incomes with other jobs and by playing semi-pro ball. When Walter was twenty-three he had married Valentina Bertucelli and was working for American Can Company. Not long after his marriage he was invited to spring training with the San Francisco Seals, so he took a leave from work and reported. He pitched three seven-inning games in one week, winning all three while allowing a total six hits.

But to his surprise and dismay the Seals didn't sign him and owner Charley Graham wouldn't tell him why. Shortly after that he was offered a position with the Timber League in Aberdeen. He took the job and was told the fans don't like to lose "so if you lose a game, you're finished." He won his first seven games, then dropped a 5-2 decision, and was fired. The team's first baseman who was hitting .354, was released the same day. He had made two errors. Things were sure different in the old days!

Back home Walter settled into being a machinist, started a family, and kept striking them out on Sundays. He also found time and energy to play center in the Industrial Basketball League.

Lister never would throw at a batter when he was calling his own game; he brushed back a batter only once when his catcher told him to during spring training with the Seals, because he was a rookie and had to do what the catcher ordered. He also said that whenever he faced promising youngsters and had a big lead he'd throw it "right down the slot. Give him a chance. That way a kid could go on knowing that he batted well against somebody with a little something on the ball. He'd be able to brag the next day that he got a hit off Walter Lister."

Two of our Valley oral historians, Clarence Wikse and Harry Pierce, talked about Lister and what a phenomenal pitcher he was. But in addition to his marvelous talent, both spoke highly of his character. He was a "true gentleman." He was always courteous, a fine family man, a first class citizen, liked by everyone who knew him. Thanks to Clarence Wikse who shared a copy of a sports article about this Valley historical figure.

Protecting Information on Your Computer

Four simple steps can take you a long way toward protecting the information on your computer.

It's important because, according to research from Secure Enterprise 2.0 Forum, there has been a significant increase in the number of Web attacks lately. The report indicates that social networks, wikis and community blogging services and sites are the most popular social media targets for hackers.

Attackers focus on gaining unrestricted access to data on the computer to use for financial or identity theft. Cyber criminals are also known to implant malicious code by exploiting well-known security weaknesses in software.

To protect themselves, Web site users should consider the following when online:

1. Assess the "value" (to you) of the information stored online:

*Ask yourself whether the information on any of your Web sites could be used for malicious purposes.

*As a general rule, it's never a good idea to put any information online you wouldn't want the entire world – including your worst enemy-to see.

2. Isolate accounts:

*Avoid cross-linking your account details. Don't publicly list your e-mail address or link your MySpace page to your Facebook page. This will minimize the chances an attacker can compromise several of your accounts by infecting one.

*Use different passwords. Too often, hackers use information from one account to compromise another.

3. Secure your online logins:

*Use secure, unique pass-phrases for logons and each Web site you log on to. All of them should be as long as possible and contain UPPER CASE, lower case, symbols and numbers (although the numbers 0, 1, 3, 5 are less secure as people use them as numb3r r3-plac3m3nts a11 t00 0ft3n).

4. Secure your computer against malware and exploits:

*Use a reputable security solution that includes browser protection such as Check Point's Zone-Alarm Extreme Security (make sure that "Enable Virtualization" is turned on) or ZoneAlarm ForceField, which works well alongside other security solutions.

*Ensure you have the latest Microsoft Updates and your Automatic Updates are turned on in Windows. NAPS

Sleep Better, Stress Less

Here's eye-opening news: Recently published research from Oklahoma State University suggests that improving quality of sleep not only reduces stress, but also helps us manage everyday stress.

"When you're stressed and tired, every aspect of your life is affected," says lifestyle expert and spokesperson for the Better Sleep Council, Lissa Coffey. "Controlling stress and getting a good night's rest start with evaluating your lifestyle."

Dr. Douglas MacKay, N.D., vice president, scientific and regulatory affairs, Council for Responsible Nutrition, agrees: "Eating a healthy diet, taking vitamins and other supplements, exercising regularly and getting adequate amounts of sleep are all part of a healthy lifestyle."

Here are more tips to help you sleep better and stress less:

1. Eat a well-balanced diet.

2. Take your vitamins, including a daily multivitamin. Ask your doctor about other supplements, like valerian, for healthy sleep.

3. Evaluate your mattress-consider replacing it if it's five to seven years old or older. NAPS

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Justyna is a local resident who lives in Visitacion Valley. She would guard your house value as much as treating it as her own. Justyna speaks fluent Chinese (Cantonese, Mandarin and Shanghaiese).

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Learning Teamwork At An Early Age

It's considered a milestone in child development when little ones transition from doing their own thing—even in the company of other children, a stage known as "parallel play"—to actually sharing and interacting with others as part of their play. Growing out of this development is the concept of teamwork, when the children work together to achieve a common goal.

For parents, fostering the notion of teamwork starts at home. That's because there are many ways that even very young children can contribute to household tasks, thereby gaining a sense of pride and accomplishment, knowing that they've helped make something happen.

For instance, children should be given specific duties—their jobs in the overall scheme of keeping the household running. Whether it's setting the table for meals, feeding pets or sorting items for recycling, children are able to take their responsibility and transfer it to their play.

Handy Manny

Since its debut on Disney Channel in September 2006, "Handy Manny" has been serving up life lessons and the value of teamwork for kids to accomplish goals in work and play. The bilingual Manny Garcia and his eclectic group of talking tools work together to help neighbors fix things and show preschoolers how to conquer everyday problems.

Now Disney and Fisher-Price are incorporating tool-time play into a complete collection of fun, interactive toys that capture the fun of fix-it play and bring Manny and his world to life—allowing children to put teamwork and imagination into play while working on handy projects.

For example, the 2-in-1 Transforming Tool Truck is equipped with four tools from the show and tons of things to fix—including a fan, toaster and clock. Plus, the big red truck transforms into a tool bench for two toys in one. Bilingual phrases, sound effects and fix-it jobs keep kids entertained. And if kids have trouble "fixing a job," they can look at realistic blueprints that show how to make the repairs.

With the Talking Tool Box, kids can pretend they are Manny and interact with his tool friends. The tool box is equipped with all seven tools (Pat, Turner, Dusty, Stretch, Felipe, Squeeze and Rusty), each with his patented tool phrase and smiling face. When kids press the "Manny" button on the toolbox, the tools come to life, jumping up and down while kids sing along to "Hop Up, Jump In" from the TV show.

To learn more, visit the Web site at www.fisher-price.com. *NAPS*

Protect Your Money

by Jason Alderman

"If it sounds too good to be true, it probably is."

How many times have you heard that expression? Even in favorable economic times, otherwise cautious people can be duped by get-rich-quick schemes or investments that promise unrealistic returns. But when times get hard, folks increasingly fall for these scams in their quest to make ends meet.

Many people, feeling overwhelmed by the complexity of the subject matter, hire a financial planning professional for advice. However, as recent headlines have shown, even highly regarded investment experts sometimes turn out to be con artists simply peddling the latest Ponzi scheme.

So how can you protect and grow your assets and plan for your financial future?

First, educate yourself. There's a wealth of information available online, at libraries, bookstores or your local community college. Get grounded in basic financial concepts such as:

*The importance of saving for short- and long-term goals

*Managing debt

*Creating and living within a budget

*How banking, credit and loan products work

*Why credit scores are so important

*Planning for unexpected events

Helpful resources include:

*MyMoney.gov, the U.S. government's website dedicated to teaching the basics about financial education (www.mymoney.gov)

*JumpStart Coalition for Personal Financial Literacy, a clearinghouse of materials designed for children (www.jumpstartclearinghouse.org).

*AARP, which advises and advocates for people over 50 in all aspects of their personal and financial lives (www.aarp.org)

*Practical Money Skills for Life, Visa Inc.'s free personal financial management site, featuring interactive tools, articles and other resources for adults, children and educators (www.practicalmoneyskills.com).

Don't go it alone. Why not form a book club/discussion group where you can share financial fears, missteps and success stories with mutually supportive friends? It's sometimes easier to digest information and make action plans together. A good place to start is by reading "The Difference: How Anyone Can Prosper in Even the Toughest Times," by best-selling author and "Today Show" finance editor Jean Chatzky.

Finally, don't rule out consulting with a financial planner. Even if you can't afford ongoing money-management services, consider hiring a third party temporarily to help you crystallize your financial goals and trouble-shoot areas where you may be lacking, such as retirement savings, estate planning or having adequate insurance protection.

Many types of professionals call themselves financial planners but they don't all have the same training or specialties. Different groups that certify planners have their own credentialing requirements, regulators and ethical guidelines, but education and experience requirements vary.

If you don't have a trusted referral, good resources to learn more about different kinds of planners include the Financial Planning Association (www.fpanet.org), the National Association of Personal Financial Advisors (www.napfa.org), and the Certified Financial Planner Board of Standards (www.cfp.net).

If necessary, interview several candidates until you find someone you trust, who asks pertinent questions about your situation, and who won't try to sell you unneeded products or services. Ask for references, and make sure he or she is registered with the North American Securities Administrators Association (*www.nasaa.org*).

Just as we consult doctors about our health, sometimes having a professional do a financial check-up can pay off as well.

Tips to Develop Good Sportsmanship

There may be good news for people concerned about what they think is a lack of sportsmanship in America.

A program created to reward and recognize sportsmanship on and off the field has developed a set of practical steps that parents and others can take to encourage fair play in youngsters and adults alike.

Tips To Help

*ABCs of sportsmanship. Teach sportsmanship as part of the fundamentals of the sport. Sportsmanship isn't naturally learned and must be taught daily.

*Go team. Parents should cheer for the team, not just their child, to teach the importance of being part of a group.

*Reward the positive. Give game balls, provide privileges for the "best sport of the game" or give the opposing team an award.

*More than the handshake. Start new end-of-the-game rituals that highlight sportsmanship. From creating a special song to a new ceremony, create an atmosphere that's positive.

*Be a reporter. Call or e-mail the media when witnessing great displays of sportsmanship to spread good news.

*Form a sports support group. Join forces with parents, coaches and community leaders.

Expert Advice

Consider the advice of LaVell Edwards, the legendary former coach of the Brigham Young University Cougars football team and chair of the blue-ribbon panel that selects the winner of the national ARA Sportsmanship Award. The award is given annually to a college senior who excels at sportsmanship on and off the football field.

Said Edwards, "This is an issue we need to address at the grade-school level and with coaches and parents everywhere."

The Good News

A higher percentage of Americans (83 percent) report they have witnessed positive displays of sportsmanship than have seen bad sportsmanship (78 percent).

That's according to a national sportsmanship survey fielded by TNS for the Awards and Recognition Association (ARA), an international trade association whose members are specialists in recognizing people through awards, trophies and other forms of appreciation. *NAPS*

Safe Ways to Take Over-the-Counter Drugs

A healthy dose of information could help keep your family safe when taking over-the-counter (OTC) drugs. The next time you reach for cough syrup, ibuprofen or other medications sold without a prescription, make sure it will help reduce your symptoms without adding more.

Some OTC medications may interact with or reduce the effectiveness of medications prescribed by your doctor. For instance, people taking diabetes drugs should avoid OTC decongestants because they can counteract the medication's effectiveness by increasing blood sugar levels.

One of the best ways to protect yourself is to talk with your physician or pharmacist before choosing an OTC drug. Many health providers now use software to access the latest information on hundreds of brand name over-the-counter drugs right from their mobile device. During a phone consultation, office or pharmacy visit, a health provider may be using Epocrates software on his or her iPhone, BlackBerry, Palm or Windows device to help patients understand which OTC product may be best for them.

For example, a commonly used OTC combination product with multiple active ingredients used to treat a cold may also contain an unnecessary antihistamine that could cause or increase drowsiness. The software can help ensure that patients only take OTC medicines with the ingredients needed and nothing more.

More important, it can help providers identify some harmful OTC drug interactions, such as:

*Certain OTC antacids should not be taken with antibiotics,

*Some OTC antihistamines should be avoided by people who take prescription sleeping pills,

*And, OTC decongestants and some OTC pain relievers could reduce the effects of drugs taken for high blood pressure.

For more information, visit www.epocrates.com. *NAPS*

Book Review

Bathroom Reader Thrills and Laughs

For people who have a fondness for reading while in the bathroom, a new book is sure to flush away the blues while providing joy and relief during "visits"—with strange but true tales of plumbing horrors and hilarity.

Chilling Tales from the Porcelain Seat ($12.95) is a vignette-style bathroom reader featuring real-life Roto-Rooter plumbers and the SciFi channel's Ghost Hunters Jason Hawes and Grant Wilson.

The idea behind the book stems from all the strange, odd, unexplained and simply weird experiences that the Ghost Hunters and other Roto-Rooter plumbers have witnessed over the years involving pipes, drains, sinks and toilets.

"Chilling Tales from the Porcelain Seat highlights the odd experiences that many plumbers encounter on a daily basis," says Hawes. "Readers will be shocked to learn about some of the things we've experienced on the job. We've had folks from all across the country send in their plumbing stories for the book."

In many instances, the locations alleged to have poltergeists simply turn out to be plumbing issues—clanging pipes and do-it-yourself projects gone wrong.

"There are tales that will curl your hair, and others that are just so funny you can't help but belly laugh," adds Hawes. "It's a great way to spend some quality time on the throne."

The book is also filled with practical tips, advice and what-not-to-do's for do-it-yourselfers who may be looking to tackle a plumbing problem, although Hawes wryly admits that his best do-it-yourself plumbing advice is to call an experienced plumber.

Visitors to www.chillytales.com or www.rotorooter.com can also enter Roto-Rooter's "Chilling Tales" Sweepstakes for a chance to win a trip to Colorado, where the winner will join Hawes and Wilson on a ghost hunt at the famous Stanley Hotel — the location for the filming of the movie The Shining — or a chance to stay at the haunted Spalding Inn of New Hampshire. Other prizes will also be available.

To learn more or to order the book, visit www.chillytales.com. *NAPS*

Cooking Corner

Mango Chicken and Rice

1 bag Success Jasmine Rice or White Rice; 1 tbsp. vegetable oil; 1 lb. boneless, skinless chicken breasts, cut into 1-inch pieces; ½ cup red onion, diced; 1 red bell pepper, diced; ¾ cup hot mango chutney; 1 fresh mango, peeled and diced; ¼ cup cilantro, chopped.

Prepare rice according to package directions. In large skillet, heat oil over medium heat, add chicken and cook until the meat is no longer pink in the center.

Add red onion and red bell pepper. Cook five minutes. Add mango chutney, mango, cilantro and rice. Stir well and serve. Serves four. *NAPS*

Church of the Visitacion

Roman Catholic (1907)

Over a Century in Visitacion Valley

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Saturday Masses
7:30 a.m. & 5 p.m.

Sunday Masses
8 & 9:30 a.m. (11 a.m. Spanish)
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EarthTalk

What Contaminates Our Water System?

Dear EarthTalk: What effects do fertilizers, pesticides and herbicides used on residential lawns or on farms have on nearby water bodies like rivers, streams—or even the ocean for those of us who live near the shore? - Linda Reddington, Manahawkin, NJ

With the advent of the so-called Green Revolution in the second half of the 20th century—when farmers began to use technological advances to boost yields—synthetic fertilizers, pesticides and herbicides became commonplace around the world not only on farms, but in backyard gardens and on front lawns as well.

These chemicals, many of which were developed in the lab and are petroleum-based, have allowed farmers and gardeners of every stripe to exercise greater control over the plants they want to grow by enriching the immediate environment and warding off pests. But such benefits haven't come without environmental costs—namely the wholesale pollution of most of our streams, rivers, ponds, lakes and even coastal areas, as these synthetic chemicals run-off into the nearby waterways.

When the excess nutrients from all the fertilizer we use runs off into our waterways, they cause algae blooms sometimes big enough to make waterways impassable. When the algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic species can't survive in these so-called "dead zones" and so they die or move on to greener underwater pastures. related issue is the poisoning of aquatic life. According to the U.S. Centers for Disease Control (CDC), Americans alone churn through 75 million pounds of pesticides each year to keep the bugs off their peapods and petunias. When those chemicals get into waterways, fish ingest them and become diseased. Humans who eat diseased fish can themselves become ill, completing the circle wrought by pollution.

A 2007 study of pollution in rivers around Portland, Oregon found that wild salmon there are swimming around with dozens of synthetic chemicals in their systems. Another recent study from Indiana found that a variety of corn genetically engineered to produce the insecticide Bt is having toxic effects on non-target aquatic insects, including caddis flies, a major food source for fish and frogs.

The solution, of course, is to go organic, both at home and on the farm. According to the Organic Trade Association, organic farmers and gardeners use composted manure and other natural materials, as well as crop rotation, to help improve soil fertility, rather than synthetic fertilizers that can result in an overabundance of nutrients. As a result, these practices protect ground water supplies and avoid runoff of chemicals that can cause dead zones and poisoned aquatic life.

There is now a large variety of organic fertilizer available commercially, as well as many ways to keep pests at bay without resorting to harsh synthetic chemicals. A wealth of information on growing greener can be found online: Check out OrganicGardeningGuru.com and the U.S. Department of Agriculture's Alternative Farming System Information Center, for starters. Those interested in face-to-face advice should consult with a master gardener at a local nursery that specializes in organic gardening.

Dear EarthTalk: Don't some scientists point to sunspots and solar wind as having more impact on climate change than human industrial activity? —David Noss, California, MD

Sunspots are storms on the sun's surface that are marked by intense magnetic activity and play host to solar flares and hot gassy ejections from the sun's corona. Scientists believe that the number of spots on the sun cycles over time, reaching a peak—the so-called Solar Maximum—every 11 years or so. Some studies indicate that sunspot activity overall has doubled in the last century. The apparent result down here on Earth is that the sun glows brighter by about 0.1 percent now than it did 100 years ago.

Solar wind, according to NASA's Marshall Space Flight Center, consists of magnetized plasma flares and in some cases is linked to sunspots. It emanates from the sun and influences galactic rays that may in turn affect atmospheric phenomena on Earth, such as cloud cover. But scientists are the first to admit that they have a lot to learn about phenomena like sunspots and solar wind, some of which is visible to humans on Earth in the form of Aurora Borealis and other far flung interplanetary light shows.

Some skeptics of human-induced climate change blame global warming on natural variations in the sun's output due to sunspots and/or solar wind. They say it's no coincidence that an increase in sunspot activity and a run-up of global temperatures on Earth are happening concurrently, and view regulation of carbon emissions as folly with negative ramifications for our economy and tried-and-true energy infrastructure.

"[V]ariations in solar energy output have far more effect on Earth's climate than soccer moms driving SUVs," Southwestern Law School professor Joerg Knipprath, writes in his 'Token Conservative' blog. "A rational thinker would understand that, especially if he or she has some understanding of the limits of human influence. But the global warming boosters have this unbounded hubris that it is humans who control nature, and that human activity can terminally despoil the planet as well as cause its salvation."

Many climate scientists agree that sunspots and solar wind could be playing a role in climate change, but the vast majority view it as very minimal and attribute Earth's warming primarily to emissions from industrial activity—and they have thousands of peer-reviewed studies available to back up that claim.

Peter Foukal of the Massachusetts-based firm Heliophysics, Inc., who has tracked sunspot intensities from different spots around the globe dating back four centuries, also concludes that such solar disturbances have little or no impact on global warming. Nevertheless, he adds, most up-to-date climate models—including those used by the United Nations' prestigious Intergovernmental Panel on Climate Change (IPCC)—incorporate the effects of the sun's variable degree of brightness in their overall calculations.

Ironically, the only way to really find out if phenomena like sunspots and solar wind are playing a larger role in climate change than most scientists now believe would be to significantly reduce our carbon emissions. Only in the absence of that potential driver will researchers be able to tell for sure how much impact natural influences have on the Earth's climate.

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). Workshops are $3 per child, $5 for a parent and child combo. All kids under 8 must be with a paying adult. Call 554-9600 for further information.

*Aug. 1: Construct your own animal sculpture from our wood scrap supply.

*Aug. 8: Dip into the art of printmaking with hold and instantly gratifying monoprints.

*Aug. 15: Have fun making a variety of pop-up cards for all occasions. Animals, insects, trees and castles can all pop out at your friends and family.

*Aug. 22: choose whatever folk figure you like. Make a fairy, wizard, gnome, leprechaun or something from your imagination in the whimsy doll workshop.

*Aug. 29: Discover the art of fish printing, or gyotaku in Japanese. This art form originated as Japanese fisherman recorded their fish catches on board their boats. In this workshop, we'll use rubber fish!

Other regular Saturday activities include:

*Morning Family Ceramics from 10 to 11:30 a.m. ($5 per person workshop fee)

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

*Golden Gate Model Railroad Club Exhibit from 11 a.m. to 4 p.m.

Grapevine Classified

VVCC BOARD MEETINGS: Visitacion Valley Community Center (VVCC) regular monthly Board meetings, held the 4th Thursday of each month at 6 p.m., except December and May, are open to the public. Board members are selected by the mem-bers of the community center with dues currently paid, at the Annual Membership meeting held the 3rd Saturday in May each year. Any vacancies that occur on the Board due to uncompleted 3-year terms of membership are filled by appointment of the remaining Board members. At least 75% of our Board members must reside in Visitacion Valley. Persons interested in Board membership are encouraged to send a letter of interest to Board of Directors Development Committee, Visitacion Valley Community Center, 50 Raymond Avenue, San Francisco, CA 94134. Please let the Board know what you could contribute that will enhance and improve our organization for better service to our community. You will be contacted and your letter will be submitted to the Board for consideration at either the next Annual election or of any available open positions that might occur within the coming year.

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Visitacion Valley Police Report

Police Cases

*On June 22 at 10:18 a.m. on the 100 block of Hahn Street, an officer prepared a report of theft. The victim was contacted by phone and informed she had just won a lottery. She was instructed to mail checks to several addresses to pay for processing. The victim mailed a total of $6,250 and has not heard from anyone since. At 2:57 p.m. on the 100 block of Leland Avenue, an officer prepared a report of an adult missing from a care facility.

*On June 22 at 12:44 p.m. on the 500 block Raymond Avenue, an officer prepared a report of an unknown suspect breaking a residential window. At 5:03 p.m. on the 2400 block Bayshore Boulevard, an officer prepared a report of residential burglary. On June 20, there was a fire at this location and the victim was forced to leave his residence. Upon his return, he found that his laptop computer was missing.

*On June 24 at 9 a.m. on the 1100 block of Brussels Street, a report was prepared of an employee embezzling $25,000 from a restaurant.

*On June 26 at 10:13 a.m. at Sunnydale Avenue and Hahn Street, an officer saw a vehicle arrive at an intersection and fail to yield the right of way to a another vehicle already in the intersection. A traffic stop was conducted. The driver of the vehicle had no license. The driver was cited and the vehicle towed. At 4:43 p.m. at Cambridge and Wayland streets, an officer saw a vehicle with no front license plate. A traffic stop was conducted. The driver of the vehicle had a suspended license. The driver was cited and the vehicle towed. At 7:30 p.m., officers responded to Topeka Avenue regarding a carjacking. Officers met and spoke with the victim, who stated that she was parked on Felton Street when she saw a red car approach her car. The victim got out of her car when the rear passenger in the suspects vehicle got out and pointed a gun at her, demanding her car. The victim got out of the car and let the suspect inside. The victim ran down the street and called for police on her cell phone. No one was injured during the incident. At 11:40 p.m. at Schwerin Street and Garrison Avenue, officers were dispatched to a report of a fight with knives on a Muni bus. The officers arrived and detained two subjects based on their descriptions. After a brief investigation, the officers determined no fight had taken place.

*On June 27 at 3:23 a.m. on the 100 block Blythdale Avenue, officers were dispatched to check on the welfare of a male lying in the street and bleeding. They arrived onscene and located an unconscious male with serious injuries to his face. The unidentified man was transported and treated at San Francisco General Hospital. The officers were unable to locate any witnesses. At 11:27 p.m. on the unit block Arleta Avenue, an officer responded to a call of a missing adult.

*On June 28 at 6:48 a.m. on the 2000 block Sunnydale Avenue, an officer prepared a report of a vehicle that had been set on fire. At 10:45 a.m. on the 100 block Arleta Avenue, an officer prepared a report of a missing person that returned home. At 12:33 p.m. on the 200 block Peabody Street, an officer prepared a report of theft of a car stereo from a locked vehicle.

*On June 29 at 12:27 a.m., on the 800 block Sunnydale Avenue, an officer prepared a report of an unknown suspect breaking a car window. At 11:21 a.m. on the 1700 block Sunnydale Avenue, an officer prepared a report of a residential burglary. An unknown suspect(s) entered by breaking a window and stole a laptop computer. At 11:24 a.m. on the 100 block Blythdale Avenue, officers conducted a probation search of an individual well known to the experienced public housing officers. During this time, the officers noticed another parolee whom they were well acquainted with. Armed with the knowledge that the parolee had several stay-away orders from the location, the subject was taken into custody and booked into county jail. At 12:43 p.m. on the 500 block Visitacion Avenue, an officer prepared a report of someone convincing the victim to wire him money by pretending to be her grandson over the phone.

*On June 30 at 10:34 a.m. on the 1700 Sunnydale Avenue, officers were on patrol in the Sunnydale public housing area when they spotted someone they believed was a known individual with an outstanding arrest warrant. The male began to walk away, so the offficers gave chase and eventually located the individual inside of a housing unit. As the officers attempted to verify the subject's identification, the subject began fighting with the officers. After a brief struggle, the officers detained the subject without any further incident. The officers cited and released the individual. At 4:05 p.m. on the unit block Teddy Avenue, a report was prepared that a victim, returning to her parked car, found that it had been keyed. At 5:23 p.m. on the unit block Teddy Avenue, officers responded to a call of vandalism and spoke with the victim. The victim stated that she had left her residence and upon her return, found a broken window.

*On July 1 at 10:56 a.m. at Rutland Street and Leland Avenue, an officer responded to a call of an auto-boost and met with the victim. The victim stated that he returned to his parked car and discovered that someone had broken a window on the vehicle and had taken his iPod and GPS navigation system from the dashboard, leaving behind a screwdriver as evidence.

*On July 2 at 2 p.m. a burglary took place on the 200 block of Woolsey Sreet. Entry was made through a bedroom window. Loss was a Playstation, a backpack, a social security card, check books, a birth certificate, Playstation video games and a cordless drill gun. At 6 p.m. on the unit block Blythdale Avenue, officers responded to a call of a burglary. The victim stated that she had left her upstairs bedroom window open when she left her premise. When the victim returned home, she found a video game console, several video games, and some miscellaneous items missing. At 10:52 p.m. on the unit block Blythdale Avenue, officers responded to a report of a shooting. The officers located a victim suffering gunshot wounds to his groin and thigh area. The victim stated that he was smoking in front of his residence when he was approached by an unknown male. At that time, the victim heard four gunshots, realized that he had been shot, and ran back inside of his house. The victim's brother stated that he had heard the shooting and saw the unidentified male run away on foot.

*On July 3 at 10:58 p.m. at Sunnydale Avenue and Rey Street, officers were on patrol in the Sunnydale housing area when they spotted a known wanted individual walking across the street. The officers detained the suspect, confirmed the warrant, and took the subject into custody. At 9:11 a.m. on the 100 block Raymond Avenue, officers responded to check on the well-being of an individual. When they arrived, they found the subject lying on his bedroom floor and unable to get up. Paramedics were summoned and provided medical assistance.

*On July 4 at 7:06 a.m. on the 1600 block Geneva Avenue, an officer responded to a call of a suspicious vehicle and located the suspect vehicle driving recklessly in the area. The officer effected a traffic enforcement stop and contacted the driver, who was unlicensed. The officer cited the driver for reckless driving in addition to being unlicensed, and the vehicle was towed. At 1:44 a.m. on the 200 block Hahn Street, officers on patrol heard numerous gunshots in the area of the Sunnydale housing units. Officers investigated, located some shell casings, but were unable to locate any victims or suspects. At 5:47 p.m. on the 100 block Blythdale Avenue, officers responded to a call regarding broken windows. The victim stated that, upon his return home, he found several of his windows were broken by an unknown object. At 9:59 p.m. on the 300 block Schwerin Street, officers responded to a call of a shooting and met with the reportee. The reportee saw an unknown male shooting at another unknown male with a handgun, but refused to provide any further information. Officers investigated, located several shell casings in the area and a parked vehicle with bullet holes, but were unable to locate any victims or suspects. At 11:01 p.m. on the unit block Loehr Street, officers responded to a call of a possible stolen vehicle. The reportee saw three unknown males jump out of a vehicle and leave the engine running. Officers were unable to locate the owner of the vehicle, so the vehicle was towed for blocking the roadway.

*On July 5 at 5:05 p.m. on the unit block Castillo Street, officers responded to a call of a robbery and met with the victim. The victim stated that she was walking home when an unknown male approached her and demanded her money. The suspect made off with some money.

*On July 6 at 12:52 a.m. on the unit block Brookdale Avenue, officers responded to a call of a fight and contacted the two parties. One party told the officers that the other person was refusing to leave her house. A computer check revealed that the second individual had an outstanding warrant for parole violation. The subject was taken into custody. At 7:10 a.m. on the 100 block Blythdale Avenue, officers responded to a call of broken windows and met with the victim. The victim stated that, upon his return home, he found numerous windows to his unit broken and a television in his living room damaged. At 10:50 a.m. on the 1500 block Sunnydale Avenue, an officer responded to a call of a missing person and located the subject at her friend's house. The subject was reunited with her legal guardians. At 3:30 p.m. on the unit block Blythdale Avenue, officers responded to a call of a broken window.

*On July 7 at 11:46 a.m. on the 100 block Harkness Street, an officer was on patrol and saw a person talking on a cell phone while operating a moving vehicle. The officer effected a traffic enforcement stop and discovered that the driver was unlicensed. The driver was cited and released, and the vehicle was towed. At 1:06 p.m. on the 400 block Wilde Avenue, officers. The victim told the officers that a neighbor's guest had yelled and threatened her over an issue regarding the victim's parked car. The suspect was questioned and eventually cited and released for disturbing the peace. At 11:11 a.m. on the 400 block Wilde Avenue, officers responded to a call of an ongoing dispute between neighbors. At 11:21 p.m. on the 100 block of Garrison Avenue, officers were on patrol in the area of the Sunnydale housing units when they heard numerous gunshots ring out. The officers investigated and found a victim of several gunshot wounds. The victim stated that he had stepped out of his house when he was approached by two unknown males. One suspect pointed a handgun at him and began shooting. The victim fled back into his house and the suspects disappeared.

*On July 8 at 4:22 p.m. on the 100 block Leland Avenue, officers responded to a call of a man with a gun. The victim told the officers that he and the suspect had a verbal argument, after which the suspect pulled out a black handgun, pointed it at the victim, and shoved the victim away. A police sergeant located the suspect several blocks away and took him into custody. Although the weapon was never recovered, the suspect was booked for assault. At 10:36 p.m. at Cora Street and Leland Avenue, officers were on patrol in the Sunnydale public housing area when they spotted a moving vehicle that failed to stop at a stop sign. An officer effected a traffic enforcement stop of the vehicle. Upon contact with the driver, the officer detected a strong odor of an illegal narcotic emanating from inside of the vehicle, which was occupied by eight individuals. More officers arrived on the scene, and they began to extract the occupants from the vehicle. One occupant suddenly bolted from the vehicle, and an officer gave chase on foot. Unfortunately, after a lengthy foot pursuit and under the cover of darkness, the suspect managed to evade the officer. With the remaining subjects detained, an officer searched the vehicle. The officer was unable to locate any illegal narcotic but instead recovered a loaded firearm under the seat of one male suspect. After further investigation, the driver was cited for the moving violation and released, one suspect was booked for possession of the firearm, and the other occupants were released. At 5:12 p.m. on the 100 block Garrison Avenue, officerd responded to a call of a fight and met with the victim. The victim stated that when she returned home, three female suspects, whom the victim knew, began yelling at her from across the street. The three suspects approached the victim, and one suspect punched the victim several times. The victim retreated into her house and the suspects fled away.

*On July 9 at 3:13 a.m. on the 300 Block of Oxford Street, officers investigated and prepared a report regarding a robbery with force. Three unknown suspect approached victim from behind and pushed him against a car while simulating a gun and threatening victim's life. One suspect went through victim's pockets. The suspects fled on foot but a vehicle was heard leaving the area. Loss was a wallet and its contents, a cellular phone and a black duffle bag. The victim was not injured. The suspects are described as three black male adults wearing dark clothing with hooded sweatshirts. At 5:10 p.m., an officer responded to the area of San Bruno Avenue and Bacon Street when headquarters advised that one subject had been stabbed by two others. Officers located the victim at SFGH. The victim stated that he was riding his bike to San Bruno Avenue to pick up some shirts when a vehicle containing several suspects pulled up next to him. Three of the suspects jumped out of the car and beat the victim with their fists and feet. The victim did not realize that he was stabbed until a few moments passed. A member of the Gang Task Force responded and took over the investigation.

*On July 10 at 3:18 a.m. on the 300 block Oxford Street, officers responded to a call of a robbery and met with the victim. The victim had just parked his car and was walking towards his house when he was approached by three unknown male subjects. One suspect pinned the victim up against a parked vehicle and threatened to kill the victim. The other two suspects went through the victim's pockets and took his wallet, cell phone, and duffle bag. The suspects then fled on foot. At 6 a.m. on the 2000 block of San Bruno Avenue, an officer responded to the area regarding a fight. The officer spoke with a victim who stated that the suspect, who was in the victim's apartment with her, had cut up all of her jeans, due to the victim owing the suspect $10. The victim further told Wise that she and the suspect had been up in the apartment smoking crack for the last three days and had gotten into an argument when the crack ran out. The victim was not injured during the fight. Based on the officer's investigation, the suspect was cited for cutting up the victim's jeans. At 7:30 a.m. on the unit block Brookdale Avenue officers responded to a call regarding a burglary and met with the victim. The victim stated that she returned home to find her bathroom window open, and electronic equipment and clothing missing from her residence. At 10:52 a.m. on the 200 block Hahn Street, officers responded to a call of a possible wanted person. Upon their arrival, they located the suspect, confirmed the warrant, and took custody of the subject for his outstanding warrant.

*On July 11 at 12:44 p.m. on the 1600 block Sunnydale Avenue, an officer was on patrol and found a parked vehicle engulfed in flames. Before the Fire Department could extinguish the fire, the flames spread to an adjacent parked vehicle.

*On July 12 at 3:20 a.m. on the 4000 block San Bruno Avenue, an officer was on patrol and noticed a parked vehicle with false tabs on its license plate. The vehicle was towed. At 2:10 p.m. on the 1100 block Sunnydale Avenue, officers responded to a call of an assault. The victim stated that she had gotten into an argument with her father. The father threw eggs at the victim and slapped her before leaving the premise. The victim's brother and cousin refused to provide any details to the investigating officers.

*On July 13 at 1:06 a.m. on the 200 block Argonaut Avenue, officers responded to a call of shots being fired and located a victim of a robbery. The victim stated that he was walking home when two unidentified males approached him. One suspect ordered the victim to hand over his cell phone as the other suspect grabbed the victim and began reaching into the victim's pockets. The victim resisted, and the first suspect pulled out a handgun and threatened to kill the victim. The suspects took some money from the victim's wallet and started to run away. The victim picked up some rocks lying on the ground and threw them at the fleeing suspects. The first suspect then turned back towards the victim and fired two shots but missed hitting the victim. Investigating officers found some shell casings and a damaged parked vehicle in the area. At 6:07 p.m. on the 1500 block Sunnydale Avenue, officers responded to a call of an auto boost and met with the victim. The victim returned to her parked car and found the front passenger window broken and her car stereo missing.

*On July 14 at 10:51 p.m. at Geneva Avenue and Santos Street, an officer was on patrol and saw a moving vehicle fail to stop at a solid red light. The officer effected a traffic enforcement stop and contacted the driver, who had an opened bottle of an alcoholic beverage within reach and who was operating a vehicle while his driver's license was suspended. Officer Traw cited the driver and the vehicle was towed. At 11:16 p.m. on the unit block Brookdale Avenue, officers responded to a report of a burglary. The victim stated that she returned home to find her front door unlocked and her home in disarray. The victim determined that her television and DVD player were missing. *See Next Page*

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Buildings with Style In Visitacion Valley

Bayside Vista under construction.

Building Styles Today

by Russel Morine

Looking at building styles today is like looking back in time. Each style represents a trend or movement of a forgone era. Not surprisingly the styles we find most appealing today are the ones that have transcended some real or imagined test of time. We know for certain that a style has crossed over from trendy to iconic when we endeavor to mimic it in new construction.

Too bad this rarely works. Although imitation is indeed a form of flattery, a pale imitation leaves much to be desired.

Consider the modest bungalow. We consider it charming because of its small scale and attention to detail. We'd like to see those features in new developments, but new developments tend to be on a much grander scale. All too often, bold ideas are compromised by our own lack of imagination, a beholding to the past, risk avoidance by investors, and the economic realities of real estate and the construction industry. The end results are safe cookie cutter developments that just happen to be very marketable. It doesn't have to be that way. The following examples from our own back yard will illustrate.

Bayside Vista, 2011 Bayshore Blvd.

The Bayside Vista development located behind the Russia House is the best representative of things to come. The design is decidedly safe. Modern and clean but still safe. From the soft earth tone painted stucco, the double wide garage, and the purely decorative clay roofing tiles, the 62 townhomes breaks no new ground in the world of home building. The design is so safe that a new comer to the neighborhood would swear that the homes along Lois Lane are part of the same development.

How did this happen? The developer likely knows his market. Visitacion Valley is many things, but cutting edge it is not. Bayside Vista is exactly what one would expect for a development on this scale.

Like it or not, Bayside Vista is a great predictor of the future home in the Schlage Lock development. It doesn't bave to be this way.

Blanken Ave. at Bayshore Blvd.

This building, which is still under construction, may well become one of Vis Valley's most recognizable structures in the years to come. Its bold and too big, but refresbing none the less.

What makes this building stand out, other then its scale, is the fact that it really doesn't really belong in Vis Valley. Its way too hip, cool, and self aware for our modest taste. No clay tiles, no arched windows, no light colored stucco. All clean lines, glass, metal and wood trim. This is not say that the design is fresb or original.

Buildings like this can be found all over the hipster enclaves of Mission Bay and SOMA. It's tbe prominent location and refusal to bow to the past in Vis Valley that makes it standout. The building also gets the concept of 'mixed use' right. It squeezes five residential units, parking, and two storefronts into a footprint of just under 5,000 square feet.

Could we see more of this in our future? Only if we let go of the past and take a few risks.

Joe Leland around the neighborhood

***The Blanken?**: There is a trend in the modem metropolis to name fashionable new buildings and developments with equally fashionable new names. Usually these names are a prominent street address if they are so lucky (One Rincon Hill). Others have names that are created to inspire a certain mood or ambiance (The Watermark: 501 Beale, Arterra: 300 Berry, Radiance at Mission Bay, The Brannan, The Palms, The Oriental Warehouse to name a few). Closer to bome we have Bayside Vista, the new town home development atop Bayshore Blvd., The Ashton at Candlestick Cove, a soon to open luxury apartment development, and Highpoint on Geneva Ave. There's no reason why the new mixed use building at the Baysbore and Blanken intersoetion sbouldn't bave a proper ear-catching name. What would you call this building if you were on the marketing team? Send your ideas to rmorine@aol.com and read the Grapevine next month for a list of the best.

***NEMS**: The North East Medical Services satellite health center located at 82 Leland Ave. has been a valued community anchor since opening its doors in 2001. Recent rumors bave been circulating that this busy office that offers "competent and culturally-sensitive health care services in several Asian languages and dialects, including Cantonese, Mandarin, Toisban, Vietnamese, Burmese, and Korean" may close its doors in response to the opening of a larger state of the arts facility on San Bruno Avenue, also owned by NEMS. NEMS officials have neither confirmed nor denied the possibility of the closure of the Leland Ave site.

***Another One Bites the Dust**: Old buildings just can't get a break in Visitacion Valley. Schlage Lock has been demolished. The Superfair Market is gone to make way for the new library. The motel atop Bayshore Blvd. has been leveled to make way for 62 new town homes. Just when you thought there was nothing left to tear down, a portion of the Korean First Presbyterian Church of San Francisco on Tunnel Road lost the battle with a wreaking crew. Originally Candlestick Cove Elementary School, old classroom space along the southern edge of the site has been demolished to make way for a modern youth-centered multipurpose building.

***Little Hollywood Community Park**: Did you now that Little Hollywood Community Park is geographically the first park in San Francisco? Unfortunately, only a portion of the park, located along southeasterly corner of Tocoloma and Lathrop avenues, is fully owned by the City. When the park was first established in the mid 1970s, only the tower portion was purchased outright from the garbage company (now know eupbuistically know as Recology) while the upper tier was leased for 25 years. That lease expired in 2001. The City's Rec and Parks Department wants to add the upper portion to its portfolio and move forward on several promised renovations, but there's a hitch. Recology wants to give it to the City, but only as part of a public / private land swap. Recology wants to trade their land in Little Hollywood for an unimproved city owned lot, plus $400,000, next to their Golden Gate Disposal location near Showplace Square / Potrero Hill. Not all in Potrero Hill are happy with this complex deal and the land swap has been delayed. A call or letter to Supervisor Maxwell might help move this process forward, or backward, depending on you perception.

***Zen Quote of the Month**. "Politicians, ugly buildings and whores all get respectable if they last long enough." -from tbe Roman Polanski film *Chinatown*.

Police Cases

*On July 15 at 12:24 a.m. on the unit block Brookdale Avenue, officers were on patrol in the Sunnydale housing area when they were flagged down regarding unwanted guests breaking into the victim's house. The victim said that he was approached by three males claiming that an unidentified individual that owed money to the three suspects was residing with the victim. The suspects broke out the windows and kicked opened the front door. When the victim confronted them, the three suspects began punching and kicking the victim before fleeing on foot. At 12:33 a.m. on the 1800 book of Sunnydale Avenue, officers responded to assist a police lieutenant who was on patrol in the Sunnydale housing area and heard numerous gun shots. As the officers searched the area for any suspects or victims, they were flagged down by someone reporting that his vehicle had just been broken into. The reportee said that he saw two unknown subjects inside his vehicle when he heard gunshots. An officer examined the reportee's vehicle and found numerous shell casings on the ground. The officers searched the area and located another parked vehicle along with a residence that sustained damage from the gunfire.

*On July 16 at 12:37 a.m. on the 1800 block of Sunnydale Avenue, officers responded to three separate locations on the 1800 block of Sunnydale where shots were fired into homes all possibly by the same shooter. No one was hurt. The suspect fled prior to the officers arrival. At 12:37 a.m. on the 1800 Sunnydale Avenue, officers found a vehicle with a broken window and a bullet fragment on the vehicle floor. At 12:37 a.m. on the 1700 Sunnydale Avenue, officers were stopped by a man stating two suspects had broken the window on his vehicle and had been inside the car. He called 911 and then he heard gun shots. Shell casings were found around the vehicle. At 12:55 p.m. on the 1800 block of Sunnydale Avenue, an officer responded to a call of a theft from a locked vehicle. The suspect broke the window and stole a DVD player. The suspect fled prior to the officers arrival. At 6:06 p.m. on the unit block of Burr Avenue, officers responded to a call of shots fired. The officers were speaking with a resident who was at her door when she saw three males running down the street. She looked behind them and saw a fourth male walking in the same direction. She went back inside her home and a few minutes later heard several gun shots. Other officers arriving on the scene located spent shell casings and were searching the area for possible victims and suspects. Headquarters broadcast that a shooting victim had walked into San Francisco General Hospital. The victim is in stable condition.

*On July 18 at 10:18 a.m. on the 300 block of Wilde Avenue, officers responded to a report of a vandalism and met with the victim. The victim returned home to her house to find paint splashed all over her house and on the sidewalk. At 2:47 p.m. at Cora Street and Visitacion Avenue, an officer was on patrol and and saw a moving vehicle with a broken right brake light. The officer effected a traffic enforcement stop and learned that the driver had an expired license. The driver was cited and the vehicle was towed.

*On July 20 at 7:06 p.m. on the 2000 block of Burrows Street, officers responded to a call of a home burglary. The residents told the officers that they had returned home to find the front door open and the premise ransacked. Taken were some cash, jewelry, and a purse.

*On July 22 at 3:31 p.m. on the 300 block of Sawyer Street, officers were dispatched to a report of threats. The victim said that an old friend and ex-roommate accused the victim of stealing her jacket. The victim denied any knowledge, and the suspect cursed her and threatened to harm her. At 4:29 p.m. on the 200 block of Rey Street, officers responded to a residence in search of a wanted parolee. The officers entered the premise, located the subject near the rear of the residence, and took him into custody. At 5:06 p.m. on the 3900 block of San Bruno Avenue, officers responded to a call of a missing person and met with the reportee. The person said that he had argued with his wife, and that she had threatened to leave him once her green card arrived. A few days ago, he returned home to find his wife and daughter gone, along with all their belongings. At 10:35 p.m. on the 1500 block of Geneva Avenue, an officer responded to a report of phone threats. The victim said that she had recently broken up with her girlfriend and did not want to store any of the ex-girlfriend's items at her residence. The suspect called up the victim and threatened to harm her if she threw out any of the suspect's personal items.

*On July 23 at 10:45 p.m. on the 3000 Block of San Bruno Avenue, a man was assaulted inside of a convenience store by a group of six men. The store clerk reported that the man was inside the store when the men came in. The assailants picked up store displays and bottles and though them at the victim. Another suspect smashed the victim in his head with two wooden chairs. The suspects all fled in a black SUV. Prior to the attack, a citizen walked out of the store and one of the suspects asked him whether or not the victim was in the store. The citizen thought that his was odd and told the arriving police.

Police Summaries

*June 23: 1200 block of Felton St., burglary, no arrest.

*June 24: 2:40 p.m., 600 block of Campbell St., license plate theft.

*June 25: 800 block of Colby St., burglary, no arrest.

*June 26: 10:40 a.m., 100 block of Brookdale Ave., recovered vehicle.

*June 26: 3:20 p.m., 100 block of Santos Ave., recovered vehicle.

*June 26: 4:15 p.m., 600 block of Sunnydale Ave., recovered vehicle.

*June 26: 5:15 p.m., 3800 block of San Bruno Ave., recovered vehicle.

*June 27: 5:15 p.m., Sunnydale Ave. and Santos St., license plate theft.

*June 29: 10:35 a.m., 200 block of Blythdale Ave., recovered vehicle.

*June 29: 1:20 p.m., Visitacion Ave. and Hahn St., vehicle collision.

*June 30: 7 p.m., 2500 block of San Bruno Ave., entry made through a front metal gate, loss was money.

*July 4: 2:30 a.m., Leland Ave. and Sawyer St., recovered vehicle.

*July 4: 6:45 a.m., 100 block of Sunnydale Ave., recovered vehicle.

*July 7: 11:33 a.m., unit block of Garrison Ave., stolen vehicle.

*July 10: 8:04 p.m., Santos St. and Brookdale Ave., vehicle collision.

*July 11: 5:45 p.m., Sunnydale Ave. and Santos St., traffic collision.

*July 13: 10:35 a.m., unit block Brookdale Ave., recovered vehicle.

*July 13: 12:05 p.m., 200 block Brookdale Ave., recovered vehicle.

*July 13: 5:49 p.m., 1600 block Sunnydale Ave., recovered vehicle.

*July 13: 9:43 p.m., 200 block Ward St., vehicle collision.

*July 15: 8:43 a.m., 1600 block Sunnydale Ave., recovered vehicle.

*July 18: 2 a.m., Rutland St. and Raymond Ave., traffic collision.

*July 23: 3:45p.m., Sunnydale Avenue and Santos Street, traffic accident.

Captain David Lazar of Ingleside Station and Captain John Loftus of Bayview Station contributed to this report.

Where the Track Goes No Further

At the San Mateo County Line on Bayshore Boulevard just south of Sunnydale Avenue, two Muni T-Third LRVs wait to make their northbound return.

Giving Yourself a Financial Tune-Up

by Jason Alderman

As we move through one of the most financially tumultuous years in many decades, some economists feel the worst may be over. But today's continuing high unemployment rates, troubled housing market and tight credit conditions leave many people feeling anxious about the future.

Against that backdrop, this is a good time to examine your current financial state. Ask yourself where you want to be hy year's end and how you may need to change course now in order to reach those goals. Here are a few action steps:

Reexamine your budget. A lot could have changed since you last examined your household budget. You may need to tweak your spending and saving babits to get back on track:

*Income: Has your pay increased or decreased significantly? Has overtime income diminished? Has interest income you count on from savings and investments dropped appreciably?

*Basic expenses: Examine how much you pay each month for rent/mortgage, food, insurance, utilities, gas, clothing and other basics compared to six months ago. Have you offset any increases by boosting your income, or do you need to trim a few expenses?

*Debt: Have you taken out new loans or amassed new credit card balances? If you carry forward balances, are you paying more in interest due to rising rates?

If you need a budget refresher course, Visa Inc.'s free personal financial management site, Practical Money Skills for Life, features a step-by-step guide to building a budget, including several interactive calculators (www.practicalmoneyskills.com/budgeting.)

Taxes. Nobody likes overpaying their taxes or underpaying and getting penalized the following April. Ask yourself:

*Did you receive an overly large tax refund or have to pay significantly more than was deducted from your paycheck? If so, you may want to fill out a new W-4 form with your employer and recalculate your withbolding allowances.

*Do you expect significantly higher (or lower) deductions this year? (For example, deductible mortgage costs or medical expenses.)

*If you make quarterly tax filings, have you allocated enough to ensure you won't pay a penalty next year?

*Has your bome property value dropped significantly in recent years? If so, you may be ahle to request that your property taxes be reevaluated.

*If you plan to buy a home or new car this year, have you investigated tax credits for which you may be eligible? Go to www.irs.gov and search for "Recovery Act."

Charitable contributions. If you don't bave charitable contributions automatically deducted, tally up what you've contributed so far and decide if it's in line with your goal for the year. Don't wait until the expensive month of December to make last-minute contributions.

Reimbursement accounts. If you participate in employer-sponsored health care or dependent care reimbursement accounts, determine whether you're on track to exbaust your account balances. Again, don't wait until year's end to scramble for qualified expenses that will allow you to fully benefit from their tax advantages.

Regardless of whether the worst is behind us or not, it makes sense to get your own financial house in order to weather this economic storm and any future ones.

Grapevine Puzzler — Little California Towns 3

Klamath
Knightsen
Lakehead-
Lakeshore
Lake of the Woods
Lanare
Lemon
Loyalton
Mad River
Manton
McArthur
Meadow Valley
Mendocino
Mesa
Millville
Mokelumne Hill
Moss Landing
Mountain Mesa
Muir Beach
Ocotillo
Onyx
Palo Verde
Plumas Eureka
Plymouth
Point Arena

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Y	C	C	C	V	X	J	T	C	V	E	R	O	H	S	E	K	A	L	P
H	V	B	T	C	R	U	H	T	R	A	C	M	Y	T	Y	U	A	A	A
J	B	N	B	V	O	G	G	G	D	V	N	O	T	N	A	M	T	N	L
M	V	R	R	M	A	C	G	M	Z	X	C	F	T	Y	A	A	Y	A	O
B	B	T	Y	E	H	S	E	R	I	F	D	A	Z	T	L	D	A	R	V
N	N	L	E	M	G	S	E	L	O	L	Y	C	H	I	K	R	K	E	E
B	P	R	S	U	A	N	D	M	Y	T	L	Y	S	O	J	I	E	O	R
Y	O	L	L	I	T	O	C	O	N	T	E	V	D	T	H	V	R	I	D
E	I	G	O	R	F	B	B	C	O	I	S	H	I	R	J	E	U	Y	E
L	N	U	Y	B	G	V	N	N	D	W	A	L	G	L	H	R	E	T	D
L	T	Y	A	E	H	F	Y	O	S	D	E	T	F	F	L	K	S	F	F
A	A	T	L	A	G	X	N	K	L	M	I	H	N	D	G	E	A	D	C
V	R	I	T	C	H	I	G	H	O	J	I	H	T	U	H	L	M	S	X
W	E	O	O	H	C	S	F	N	G	H	J	H	G	F	O	K	U	F	R
O	N	I	N	O	R	G	N	I	D	N	A	L	S	S	O	M	L	D	T
D	A	U	D	R	T	R	E	R	T	R	Y	H	J	K	L	E	P	F	H
A	B	N	J	U	Y	T	L	L	I	H	E	N	M	U	L	E	K	O	M
E	E	C	V	B	C	X	Z	C	X	C	N	D	A	E	H	E	K	A	L
M	V	F	D	G	J	G	T	J	I	O	M	N	G	R	Y	J	Y	U	L

Historic Proportions

1858

Match clues to answers.

1. The United States and Japan signed this on July 29.
2. On Aug. 16, this U.S. president inaugurated the new trans-Atlantic telegraph cable.
3. On Oct. 28, this department store opened for business.
4. Admitted as 32nd U.S. state on May 11.
5. Great fire in this harbor on June 29.
6. First time using a decimal currency system on Jan. 1.
7. U.S. ship caught fire and sunk with 471 dead on Sept. 13.
8. First bank opened here Aug. 17.
9. On Sept. 16, the first overland mail for here.
10. The first of these debates of 1858 was held on Aug. 21.
11. Hamilton Smith patented this on Oct. 26.
12. First ascent of Dom, the third highest summit here on Sept. 11.

A. Minnesota
B. Alps
C. James Buchanan
D. Lincoln-Douglas
E. Rotary washing machine
F. Harris Treaty
G. Hawaii
H. Canada
I. Austria
J. Macy's
K. California
L. London

Answers: 1-F, 2-C, 3-J, 4-A, 5-L, 6-H, 7-I, 8-G, 9-K, 10-D, 11-E, 12-B.

As a Matter of Fact

*The first photograph of a President while in office was taken of President James K. Polk in 1849 by Matthew Brady.

*In the 1890s, the Victor Talking Machine company of Camden, New Jersey introduced the first phonograph record.

*The power to prevent legislation from being implemented is called a veto. The word is Latin for I forbid.

*The word vinegar came from a French word meaning a sour wine.

*There are approximately 100 different varieties of goldfish. One, the gold carp, can live to the age of 50 or more.

Grapevine Five Years Ago

AUGUST 2004

*Hoping to raise enough funds to match a "challenge grant" given by the Miriam and Peter Haas Fund, the Children's Programs at Visitacion Valley Community Center hosted a Night in Napoli on July 16 at the gymnasium.

*After more than five years of dormancy, the Schlage Lock site along Bayshore Boulevard attracted the interest of Pulte Homes, which announced its intention to develop both the Schlage Lock and a smaller adjoining site totaling about 20 acres with both residential and commercial housing.

*Many friends and neighbors of Visitacion Valley gathered at the Community Center on June 26 with members from the Sunnydale Residents' Council to help families memorialize loved ones who lost their lives in violence.

Sez Who?

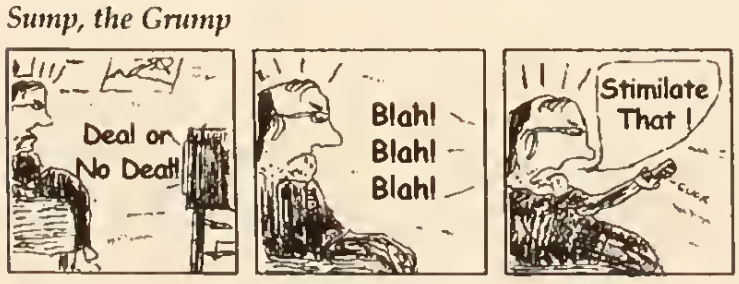
Match quotes to speakers.

1. "Be calm in arguing; for fierceness makes error a fault, and truth discourtesy; calmness is a great advantage."
2. "In politics there is no such thing as an enemy B only someone who disagrees with you today and who might be with you on the next vote."
3. "Always behave like a duck B keep calm and unruffled on the surface but paddle like the devil underneath."
4. "The two foes of human happiness are pain and boredom."
5. "Business, you know, may bring money, but friendship hardly ever does."
6. "Mishaps are like knives that either serve us or cut us, as we grasp them by the blade or the handle."
7. "It is very useful to struggle with the habit of giving immediate expression to all of one=s unpleasant emotions."
8. "No man chooses evil because it is evil; he only mistakes it for happiness, the good he seeks."
9. "Faith may be defined briefly as illogical belief in the occurrence of the improbable."

A. Arthur Schopenhauer
B. H.L. Mencken
C. George Herbert
D. Mary Wollstonecraft
E. Jacob Braude
F. James Russell Lowell
G. President Gerald Ford
H. Georges Gurdjieff
I. Jane Austen

Answers: 1-C; 2-G; 3-E; 4-A; 5-I; 6-F; 7-H; 8-D; 9-B.

Sump, the Grump



Events in August at Valley Branch Library

Following are events in August at the Visitacion Valley Branch Library, 45 Leland Ave.:

*Aug. 3, Monday: Join in on an exciting green stacks magic show with Dan Chan. at 10:30 a.m.

*Aug. 4, 11, 18 and 25, Tuesday: Toddler Tales and Playtime with books, rhymes, music and movement at 11:30 a.m. for children ages 18-36 months and caregivers. Stay for the playtime, right after the program.

*Aug. 5, Wednesday: At a Rug Weaving Workshop from 3 to 6 p.m., learn to make a beautiful, braided rug, seat mat, basket, pet bed, belt and more from recycled materials! Local artist Arlene Magarian will lead this three hour workshop. Program is limited to 15 participants and registration is required. For ages 10 and up. Contact Ahhy at (415)355-5660 or aharwood@sfpl.org.

*Aug. 11, 18 and 25 Tuesday: Preschool Storytime for ages 3-5 at 10:30 a.m.

Sleep Better, Stress Less

Here's eye-opening news: Recently published research from Oklahoma State University suggests that improving quality of sleep not only reduces stress, but also helps us manage everyday stress.

"When you're stressed and tired, every aspect of your life is affected," says lifestyle expert and spokesperson for the Better Sleep Council, Lissa Coffey.

Here are more tips to help you sleep better and stress less:

1. Eat a well-balanced diet.
2. Take your vitamins, including a daily multivitamin. Ask your doctor about other supplements, like valerian, for healthy sleep.
3. Evaluate your mattress-consider replacing it if it's five to seven years old or older.

NAPS

Visitacion Valley Business Directory

Valley free listings in the 415 area code Call the Grapevine at (415) 467-9300

AQUARIUM
DRAGON CITY AQUARIUM, 144 Leland Ave., 333-4598
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE, 2596 Bayshore Blvd., 239-5239
BROTHERS AUTO BODY, 2520 Bayshore Blvd
CHARLIE'S GARAGE, 2560 Bayshore Blvd., 239-7450
TW AUTOMOTIVE, 2500 Bayshore Blvd., 585-8281
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
LITTLE QUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
BARBERSHOP, 3570 San Bruno Ave., 724-4398
EMMA'S HAIR SALON, 35 Leland Ave., 587-7429
THE SHOP (JB), 160A Leland Ave., 239-6709
BEAUTICIANS
BODY SOUL & SPIRIT, 222 Leland Ave., 333-7261
CONNIE'S HAIR, 2436 Bayshore Blvd., 586-8288
FACE, BODY & SOUL, 3582 San Bruno Ave., 467-3223
HONG KONG HAIR & NAIL BEAUTY SALON, 199 Leland Ave., 333-1005
NAILS BY JENNY, 50 Leland Ave., 333-6800
SHERRY BEAUTY SALON, 60 Leland Ave., 337-9381
BLIND CLEANING
SPEEDY ULTRASONIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGON PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A. 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CHURCHES
CHURCH OF THE VISITACION, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIOGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 306 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
COFFEE
CANDLESTICK COFFEE, 2155 Bayshore Blvd., 467-2442
HAPPY DONUT, 2600 Bayshore Blvd., 469-5309
JOE LELAND CAFE, 28 Leland Ave
CREDIT UNION
NORTHEAST COMMUNITY FEDERAL CREDIT UNION, 29 Leland Ave., 434-0738
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
VISITACION VALLEY COMMUNITY DEVELOPMENT CORPORATION, 1099 Sunnydale Ave., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLOORS
TEDDY B's HARDWOOD FLOORS, 309-6342
FLORISTS
IL FIORE FLOWERS, 2466 San Bruno Ave., 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
CASA LOPEZ PRODUCE, 58 Leland Ave., 586-4745
E-Z STOP MARKET, 2203 Geneva Ave., 585-9240
FIVE MILE MARKET, 3574 San Bruno Ave., 467-7300
LA LOMA PRODUCE #2, 65 Leland Ave., 239-7520
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLO PETE, 2155 Bayshore Blvd., 468-6800
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd., 586-4851
TEDDY'S MARKET, 298 Teddy Ave
HERBS
SAN ON HERBS, 33-A Leland Ave 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631
INSURANCE
EDIE EPPS (AHE INSURANCE), 467-0236, Fax 467-0276
ROBERT LEHMAN, CLTC (Blue Cross), 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, 25 Leland Ave., 333-2730
LANDSCAPING
SAN FRANCISCO LANDSCAPES, 256 Talbert St., 585-9137, sflanscapes.com
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave
CITY WASH, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave
FORTY-NINER CLEANERS, 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
FIRST PLACE 2 START, 1252 Sunnydale Ave., 333-2659
HERITAGE HOMES CHILD AND FAMILY DEVELOPMENT CENTER, 245 Rey St., 586-8700
JOHN KING CHILD AND FAMILY DEVELOPMENT CENTER, 500 Raymond Ave., 333-1375
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY COMMUNITY CENTER CHILDRENS PROGRAMS, 103 Tucker Ave., 467-5565
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
MANUFACTURER
SEE'S CANDIES INC., 345 Schwenn St.
MEDICAL
AMERICAN RED CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 1099 Sunnydale Ave., Appointments 715-0310
DR. SAM HO, MD, 2858 San Bruno Ave., 337-6135
NEW CARNIVAL ACUPRESSURE HEALTH CENTER, 2458 Bayshore Blvd., 337-8100
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
WILLIE L. BROWN, JR. TEEN CENTER, 1652 Sunnydale Ave., 584-6099
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044
JOHN KING SENIOR COMMUNITY, 500 Raymond Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
ROCK (Real Options for City Kids), 590 Leland Ave., 333-4001
SUNNYDALE DEVELOPMENT COORDINATION OFFICE, 1652 Sunnydale Ave., 841-1683
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
JUSTYNA P. TO, (Realtor, Coldwell Banker), (415) 830-1235
LaFLUE-WALTON & ASSOCIATES, 2428 Bayshore Blvd., 587-8683
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VISITACION VALLEY BILINGUAL EDUCATION SUPPORTIVE SERVICES & TRAINING, 120 Leland Ave
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California New-Home Market Making Slow Improvement

SACRAMENTO – The pace of home sales at California new-home communities in May was still below year-ago levels but continued to improve from preceding months, the California Building Industry Association reported today.

The monthly CBIA/Hanley Wood Market Intelligence (HWMI) New Home Sales and Pricing Report showed that sales in new-home communities of 10 units or more were 26 percent below May 2008, but is improved from the 31 percent decline in the prior month and is the fourth consecutive month of that improvement trend.

During May, 3,019 new homes and condominiums were sold in the subdivisions tracked by Costa Mesa-based HWMI, compared to 4,094 in May 2008. Sales of single family homes were down by 30 percent, while sales of townhomes and "plexes" – duplexes, triplexes, etc. – were down 24 percent and sales of condominiums were off by 16 percent.

Compared with the same period last year, the median base price of homes sold dropped by 5 percent.

Non-seasonally adjusted total new-home sales were 9 percent higher than levels seen last month. This is an improvement from a year ago when the April-May interval was a decline of 6 percent. While sales volume is still approximately one quarter off year-ago levels, the steadily shrinking year-over-year sales declines suggest the market is stabilizing.

Jonathan Dienhart, Director of Published Research for HWMI, notes the recent month-to-month increases are a positive sign.

"Typically March is the strongest selling month of the year, not May," said Dienhart. "The incremental gains since March are counter to this typical seasonal trend, which suggests the market has found the bottom and is truly stabilizing, albeit slowly."

Robert Rivinius, CBIA's President and CEO, agreed, and added that the continued weakness in the new-home market means that policy-makers need to reduce government fees and restrictions – and to stop trying to impose additional barriers.

"State and local governments must remember that we need to be building more new homes and apartments – not less – to meet the demand caused by our steadily growing population. Many communities have actually reduced impact fees in order to accommodate new housing, we must see more of that, and the continuation of the state tax credit will be critical to sustaining the improvements in the marketplace," said Rivinius.

Making Sure Your Money Stays Yours

by Jim Cichy

To keep your money safe and secure, you need to understand what you and your financial institution can do to combat security compromises and fraudulent use of your financial information.

Debit Fraud Techniques

When your debit card data is compromised, criminals can produce counterfeit cards an hour later. One of the most common fraud types can be found online. You've likely seen at least one e-mail claiming that you need to provide personal information or your checking account will be placed on hold or shut down completely.

Recently, many people got an e-mail falsely notifying them that their credit cards may have been compromised due to fraudulent activity. Along with official-looking information and a false case number, cardholders were threatened with the suspension of online services if they didn't verify their identity over the Web by providing sensitive financial information.

Other types of online scams promise rewards or financial gain for providing such information. A recently circulated e-mail promised that recipients would miss out on economic stimulus funds if they didn't respond immediately and provide the requested information. The e-mail was a hoax, but the promise of wealth or rewards can cause people to not check sources of information as thoroughly as they should.

You can even be taken advantage of without knowing anything is amiss on shopping Web sites. "Phishing" attacks can cause a Web page resembling or identical to a retailer's to appear when a customer visits. The difference is that the sensitive account and financial information isn't processed by the retailer but sent to the thief for fraudulent use.

Another type of fraud occurs over the phone. Some people may be fooled into giving out personal information by official-sounding titles or financial institution names when called. For example, in one case, text messages were sent to cell phone customers requesting them to call a bank and reactivate their debit cards. Callers to the number were prompted to provide personal information, such as a debit card number or personal identification number (PIN). Also, customers of a city utility department received automated calls requesting payment and a late fee for a utility bill. Customers were requested to provide card information over the phone for payment.

Keep in mind that, no matter how official an e-mail looks or a phone call sounds, financial institutions will never contact you over the telephone or Internet to request personal information, including account, card numbers or your PIN.

Fight Against Fraud

To ward off possible scammers and fraudulent use of your personal cards, don't give out your PIN or other personal information. This includes not providing your PIN to tellers, retail customer service representatives or telephone marketers, none of whom should ever ask for it to begin with. Your PIN is yours and shouldn't be shared with anyone, written down or stored with your debit card.

Secondly, monitor your account frequently so you'll discover unauthorized spending quickly. You can work with your financial institution to stop the activity immediately and potentially have most or all of your funds restored. Many financial institutions provide online access to accounts, so you can watch your money daily. This also helps you keep track of your spending.

Financial Institutions' Role

Many institutions and payments networks have rolled out technology-driven solutions that quickly identify and decrease fraudulent use of debit cards.

For example, financial institutions using the PULSE ATM/debit network for processing use the company's fraud detection system, designed to red-flag potentially fraudulent purchases immediately and notify the institution. The system is always adapting to spending habits and will identify purchases outside of regular spending trends.

On top of individual company technology solutions, all firms that handle, store, process or transmit financial data must adhere to the Payment Card Industry Data Security Standard. It's designed to help organizations prevent fraudulent payment card use, hacking and other types of security issues.

Your knowledge of your finances and your financial institution's efforts to stop fraud before it starts can help decrease your risk of attack.. For more information, visit www.debitfacts.org. *NAPS*

How to Spend Your Money Wisely on School Supplies

Money-wise shopping is "in" this year for parents who want to stretch their back-to-school budget as far as possible.

Parenting expert Stacy DeBroff offers the following tips for both students and parents who want to get the most out of each dollar they spend on school supplies:

*Check for weekly deals: Check newspaper ads and store circulars to take advantage of weekly discount specials such as pencils, notebooks and filler paper.

*Needs vs. wants: Selecting school supplies lends itself to teaching children about money, budgeting and needs vs. wants. Make a list of your child's required supplies, prioritizing the list with necessities first. Once those items are taken care of, let your child use any money left over for discretionary spending on such popular items as Omnitech Laptop Skins and Staples Calculator Skins that add personality to essential school supplies.

*Buy in bulk: Stock up for an entire year or go buddy shopping with friends to split the cost of school supplies. A 28-pack of pencils may cost more up front, but you'll have extras when your child inevitably runs out.

*Think long-term investment: Investing with a long-term attitude in higher-quality basic supplies, such as the Staples Better Binder, means not replacing them as often.

*Get tech savvy: Flash drives, graphing calculators and even laptops are a common need for many students. Purchasing these items does not need to be a major setback for parents, though. Think of them as long-term investments, since they should carry students through several years of school. Remember to teach your children the importance of taking good care of these things and keeping them safely locked up at school.

*Let youngsters learn the value of money by helping others: In addition to offering values on school supplies, Staples is teaming up with Grammy-winning singer-songwriter Ciara and DoSomething.org to encourage teens to make a difference this summer by collecting school supplies and dropping them off at their nearest Staples store now through September 19.

"The feedback during our inaugural school supply drive in 2008 was inspiring," said Demos Pameros, president of U.S. Stores at Staples. "With help from celebrities like Ciara, we will continue to raise awareness for underserved youth who need the basic supplies to succeed in school."

To get involved or to check out a list of the most-needed school supplies that can help make a difference, visit www.dosomething101.org. *NAPS*

Keep Your Brain in Gear When Driving

There's good news for drivers who want to stay sharp and safe as they get older. With a little bit of effort, it's possible to keep your wits about you as you respond to other drivers and the road ahead.

In general, quick reaction times tend to peak in a person's late 20s. After that, reflexes can begin to slow down.

To help, here are some tips for training the brain to safely respond to challenges on the road as you age:

*Let your eyes be your guide-remember to look down the road while using your peripheral vision to pick up on any unexpected movements around the car.

*Deal with night glare by looking slightly down and to the right.

*Connect your mind to your eyes-focus on what you see by being alert and undistracted.

*Use roadway signs to guide you-that's what they are there for. And bone up on what they look like. Times change and so do signs. For instance, many people still think the yield sign is yellow even though the sign has been red and white for over 30 years.

*Remember the two-second rule-when stopping at a traffic light or stop sign, look both ways and count two seconds before taking your foot off the brake.

*Consider becoming a member of AAA or signing up for a car insurer's roadside assistance program.

*As we age, the ability to respond to stimuli in a timely fashion-whether behind the wheel or elsewhere-can be rejuvenated by brain-fitness computer exercises that are designed to help users think faster, focus better and remember more.

For more information, visit Posit Science at www.PositScience.com or call 1-800-514-3975. *NAPS*

Visitacion Valley Family and Community Services Center

For a Better, Healthier, Safer Community for All

We Can Help You!

Complete Immigraiton documents, assist with SF County paperwork (Medi-Cal, Welfare, etc.) , education workshops, referrals to other services

Free Summer Art Classes
Thursday,
August 6, 13, 20 and 27
3:30 to 5:30 p.m.

Family Movie Night
Thursday, August 13
3:30 to 6:30 p.m.
Free popcorn and drinks

Drop-In Consultation with Mental Health Consultant
Monday. Tuesday, Wednesday
August 1 to 31, 10 a.m. to 3 p.m.
Our mental health consultant can help you and your family by providing information and referrals to get supportive services.
Please call (415) 342-4364 to make an appointment.

Every Wednesday
August 5, 12, 19 and 26
6 - 8 p.m.

Men's Classes
Facilitated by
Before The After
FREE Refreshments

Free Food Distribution
Every Monday,
3 - 4 p.m.
August 3, 10, 17, 24 and 31
Emergency food box available anytime.
Call (415) 586-6998,
Monday-Friday,
9 a.m.-5 p.m.

AUGUST 2009 Activities
held at 161 Leland Avenue
except where noted

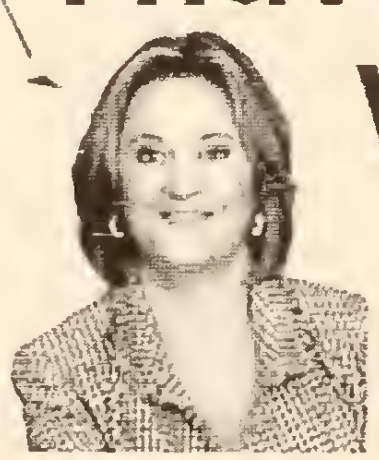
Enhanced Information and Referral
Every Monday Through Friday
August 1 to 31, 9:30 a.m. - 5:30 p.m.

In Service Spanish Support Group
Call (415) 586-6998 for information

For more information, please contact the Family and Community Services Center staff:
Marichelle Punzalan, Jenny Sosa
Kevin Blackwell, Jack Kwong,
Molly Hassler

161 Leland Avenue, San Francisco, CA 94134
Tel: (415) 586-6998 Fax: (415) 586-8027 e-mail: meriam_vvcc@sbcglobal.net

I have been studying Visitacion Valley for a long Time.



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